

# MyPlate

## Summary

Students will explore MyPlate. There is a PowerPoint and a note guide to accompany this lesson. There is an application activity, (with an interactive whiteboard option). A couple of mini-lab recipes, (a lab that will only take half a class period), will be provided to help teach the concepts of the lesson.

## Main Core Tie

Food And Nutrition I

[Strand 6 Standard 2](#)

## Time Frame

1 class periods of 70 minutes each

## Materials

- MyPlate Lesson Plan
- MyPlate PowerPoint
- MyPlate Note Guide
- MyPlate Note Guide KEY
- MyPlate Application Activity PowerPoint
- MyPlate Application Activity for Interactive White Boards
- MyPlate Application Activity Worksheet
- Recipe: Chicken Bow-Tie Salad
- Recipe: MyPlate Breakfast

## Background for Teachers

Become familiar with MyPlate. Review the PowerPoint and the teacher notes for each slide of the PowerPoint. If an interactive white board is available, practice navigating the flipchart.

## Student Prior Knowledge

Basic knowledge of the current Dietary Guidelines.

## Intended Learning Outcomes

Students will demonstrate knowledge of MyPlate.

## Instructional Procedures

### **Introduction: (5 Minutes)**

Explain to students the outline for the day. Ask them if they have any questions.

### **Prepare Mini Lab- Chicken Bow-Tie Salad (or MyPlate Breakfast): (15 Minutes)**

Turn 20 minutes of class time over to practice working in the lab. Review basic lab duties and give lab directions. Remind students they need be back in their seats, with their food on the tasters table, in 15 minutes. The pasta will take a little longer to cook so they will need to have one person from their group checking on it as we take notes. Their kitchens should be mostly clean. They will have the last few minutes of class to do any final dishes.

### **MyPlate Power Point: (15 Minutes)**

Show the power point that covers MyPlate. Discuss the importance of knowing what safe cooking practices are when it comes to working in the kitchen. Discuss the importance of knowing the

concepts of MyPlate and how living their concepts can lead to a healthier life.

**Eat Mini Lab- Chicken Bow-Tie Salad (or MyPlate Breakfast): (5 Minutes)**

Give students a few minutes to finish preparing their food and to dish up their food. They need to be back to their seats quickly with their food. If they want a drink, encourage them to get it at this time.

**MyPlate Application: (20 Minutes)**

Open up the interactive white board activity "MyPlate Application". Walk student through the demo. Then pass out the worksheet (one for each table) for students to assess the meals. They need to do ALL three examples. Give them about 7-8 minutes to work through the meals. Have one group come up to the board and share their thoughts on the white board. Discuss and assess their thoughts as a class.

**Final Clean Up of Mini Lab- Chicken Bow-Tie Salad (or MyPlate Breakfast): (10 Minutes)**

Turn the rest of class over to students to do any final cleaning. Remind students they need to have their lab clean before they will be excused.

**Conclusion: (5 Minutes)**

Check each lab unit for cleanliness and encourage students to put their name on their notes.

Bibliography

See [www.choosemyplate.gov](http://www.choosemyplate.gov)

Authors

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