

Essential Standard

- 8.NPA.1 Apply tools (Body Mass Index, Dietary Guidelines) to plan healthy nutrition and fitness.

- 8.NPA.1.3 Implement meal plans that are consistent with Dietary Guidelines.

Warm Up

Without talking, draw MyPlate.

Remember the portions of the plate reflect the amounts of food and drinks that we should consume daily from each of the food groups. When you are finished, please turn your paper over.

When you finish turn over your paper.
We are going to look at your MyPlate drawing.

Do not make changes to your drawing.

Review

- How many sections do you have on your MyPlate?
 - There should be four sections on MyPlate.
- Which section(s) are the largest?
 - vegetables and grains
- What does that mean?
 - We need to consume more foods from these two food groups daily.
- Which section(s) are the smallest?
 - fruits and protein
- What does that mean?
 - We need to consume fewer foods from the protein group each day and we need more vegetables than fruits
- Raise your hand if you remembered to include the dairy group?
- Where did you put the dairy group?
 - should be above and to the right of the plate; may look like milk or a serving of yogurt

- Turn your paper over and quickly write in the food and drinks you consumed yesterday and put them in the appropriate section on your MyPlate.
- Do not change your MyPlate drawing as you are doing this.
- If you consumed foods and drinks that do not fit into a food group, write those foods at the bottom of the page. When you are finished, turn your paper over again. Now, I want you to compare what you wrote down for the recommendations for MyPlate as I review new information.

Statement of Objectives:

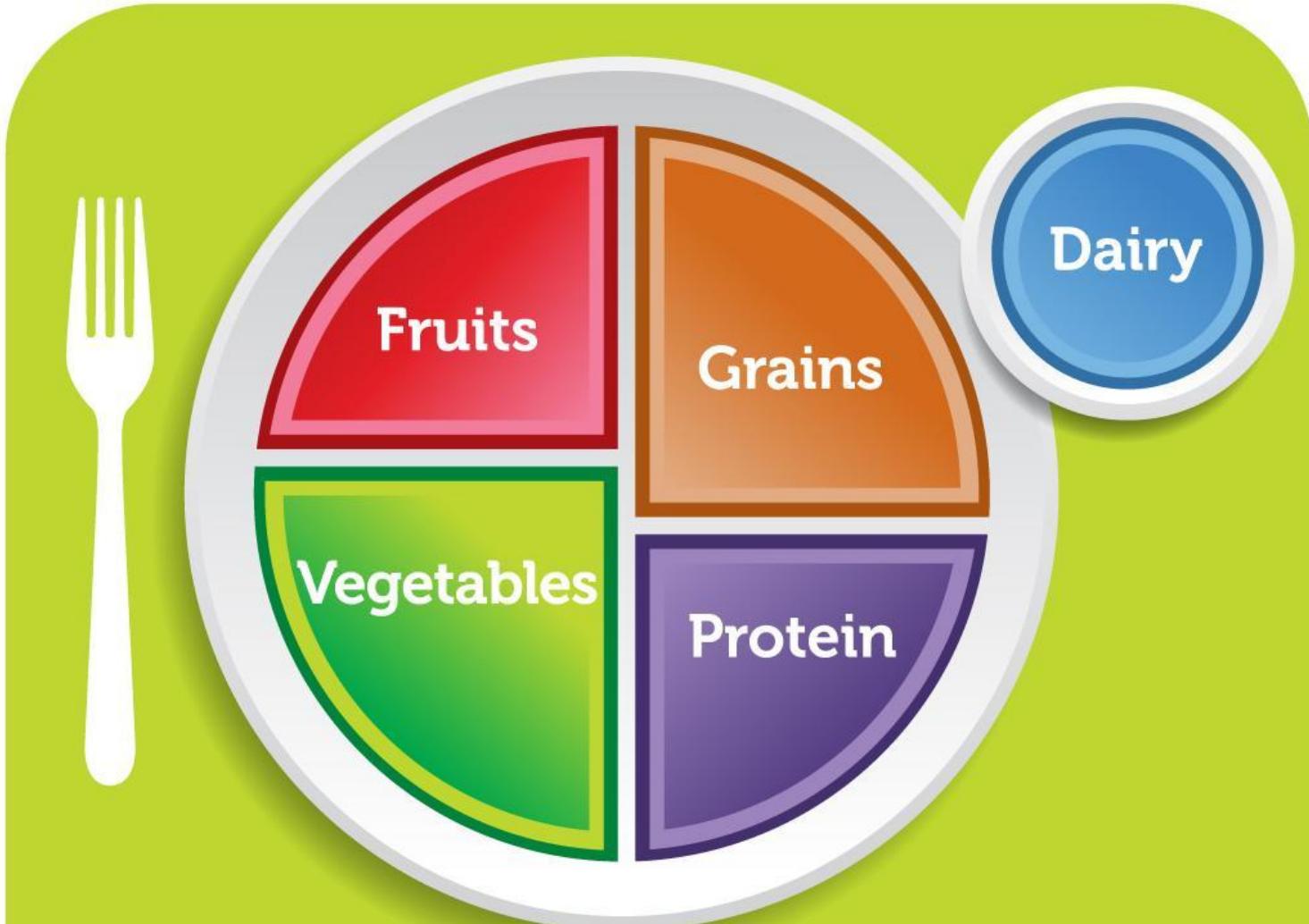
- *In today's lesson, you are going to plan and implement meal plans that follow the recommendations of the Dietary Guidelines 2010 and MyPlate.*



Dietary Guidelines 2010 and MyPlate

8th Grade





Choose **MyPlate**.gov

What is a "Healthy Diet"?

The Dietary Guidelines describe a healthy diet as one that:

1. Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
2. Includes lean meats, poultry, fish, beans, eggs, and nuts
3. Is low in saturated fats, *trans fats, cholesterol, salt (sodium), and added sugars*

Dietary Guidelines 2015

Key Recommendations

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils



A healthy eating pattern limits:

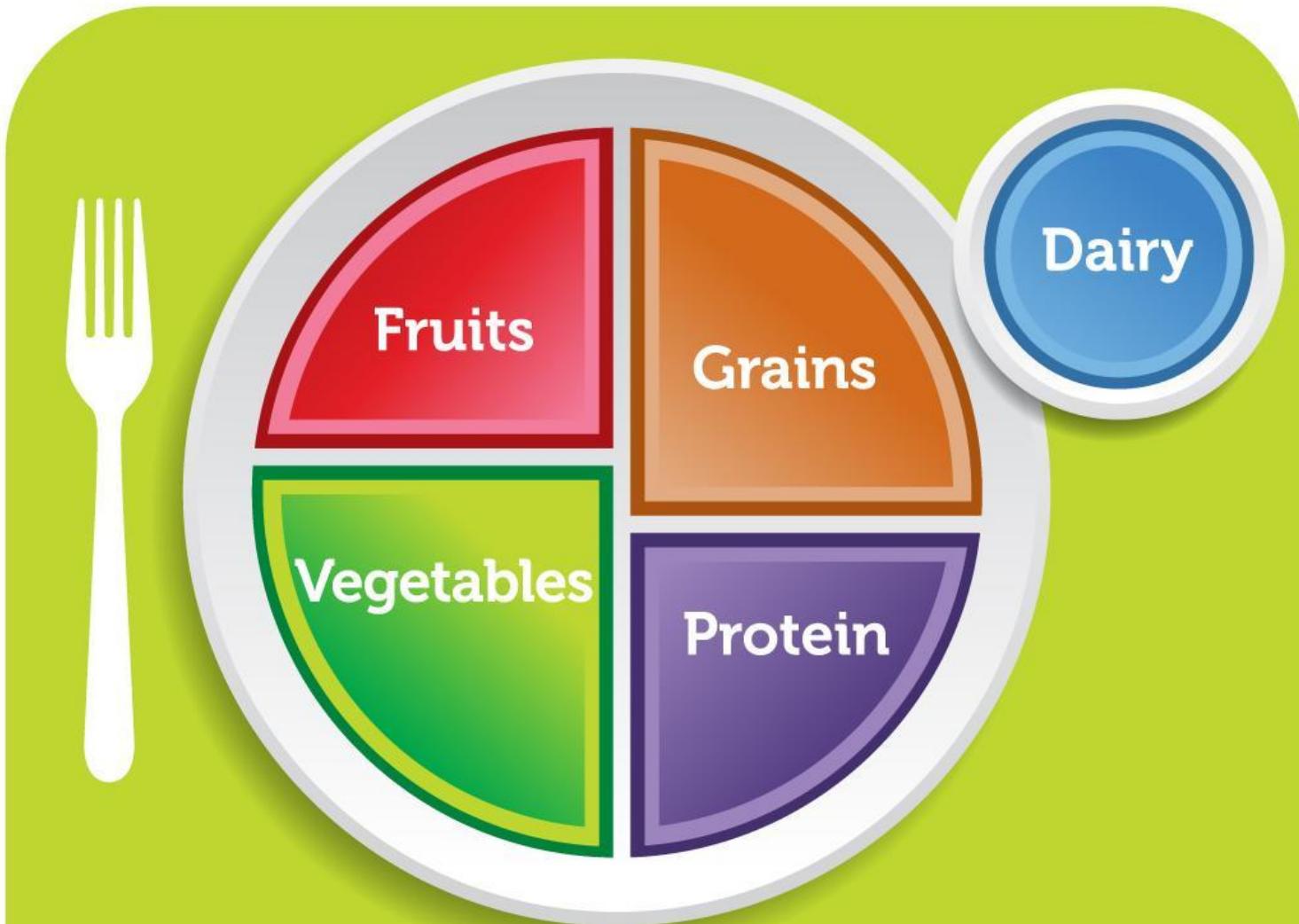
- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited.

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

Website

Choose My Plate



Choose **MyPlate**.gov

MyPlate

a. *Balancing Calories*

1. Enjoy your food, but eat less
2. Avoid oversized portions

b. *Foods to Increase*

1. Make half your plate fruits and vegetables
2. Make at least half your grains whole grains
3. Switch to fat-free or low-fat (1%) milk
4. Meat and poultry choices should be lean or low-fat

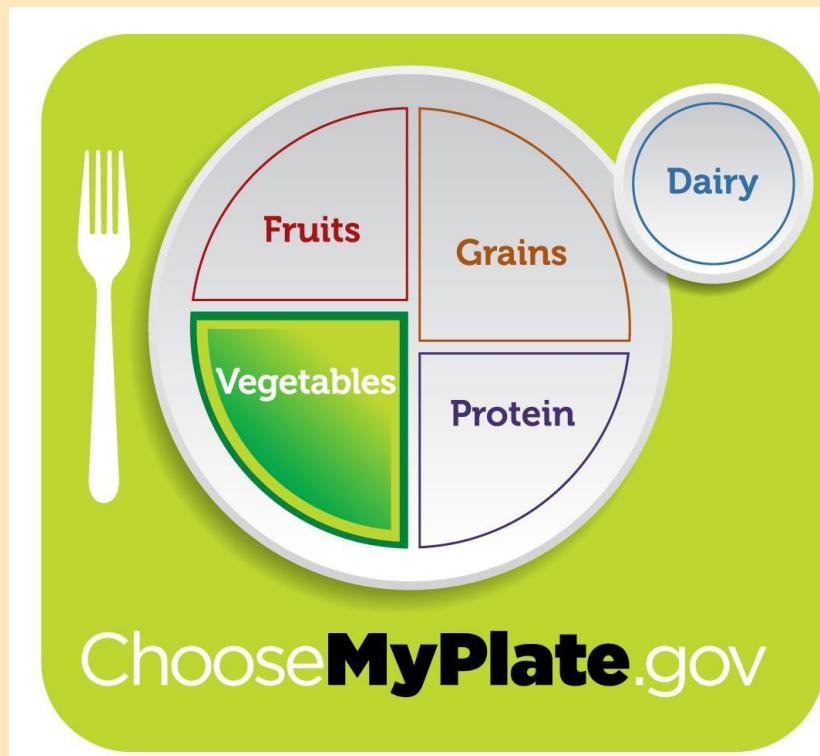
MyPlate

c. *Foods to Reduce*

1. Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers
2. Drink water instead of sugary drinks

d. Vary Your Vegetables

1. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
2. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



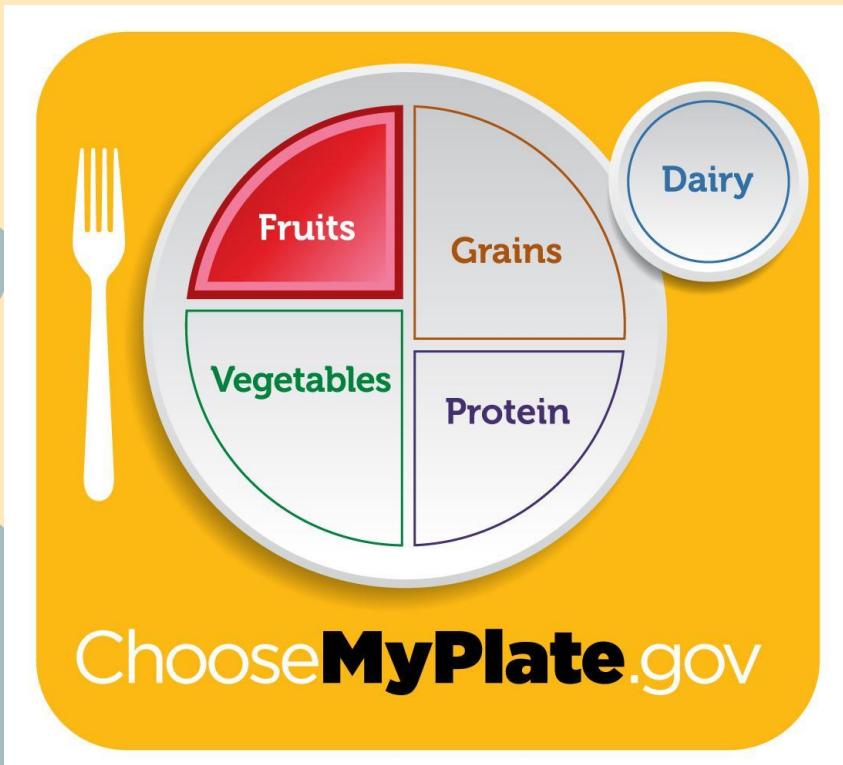
Vary Your Vegetables

1. Vegetables are organized into five subgroups, based on their nutrient content.

What's in the Vegetable Group?

How much do I need?

e. Focus on Fruits

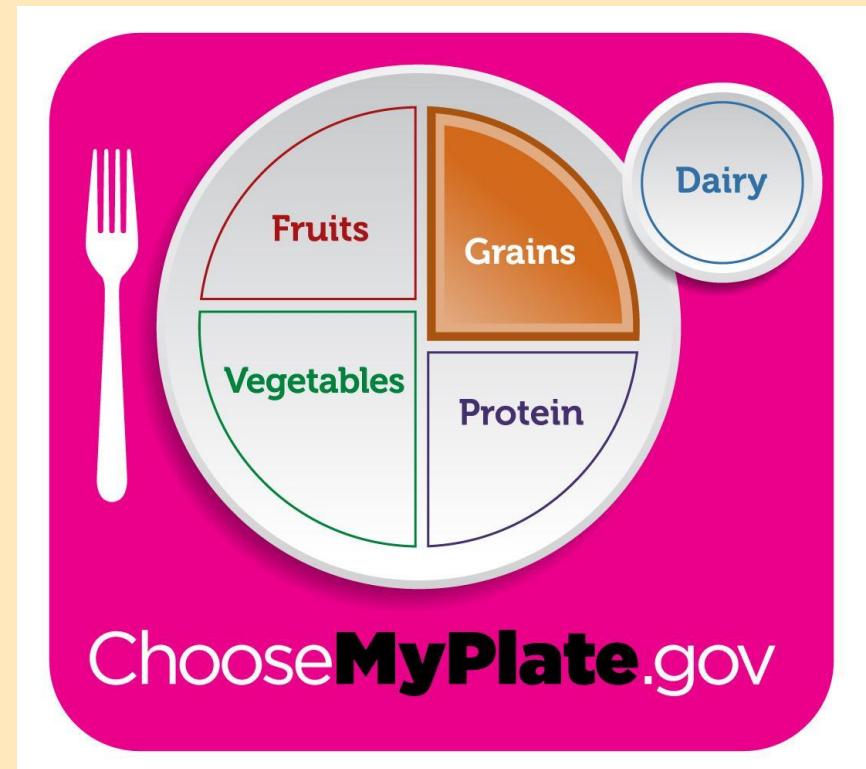


1. Any fruit or 100% fruit juice counts as part of the Fruit Group.
2. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

How much?

f. Grains

1. Grains are divided into two subgroups, whole grains and refined grains.
2. It is recommended that at least half of your grains be whole grains.



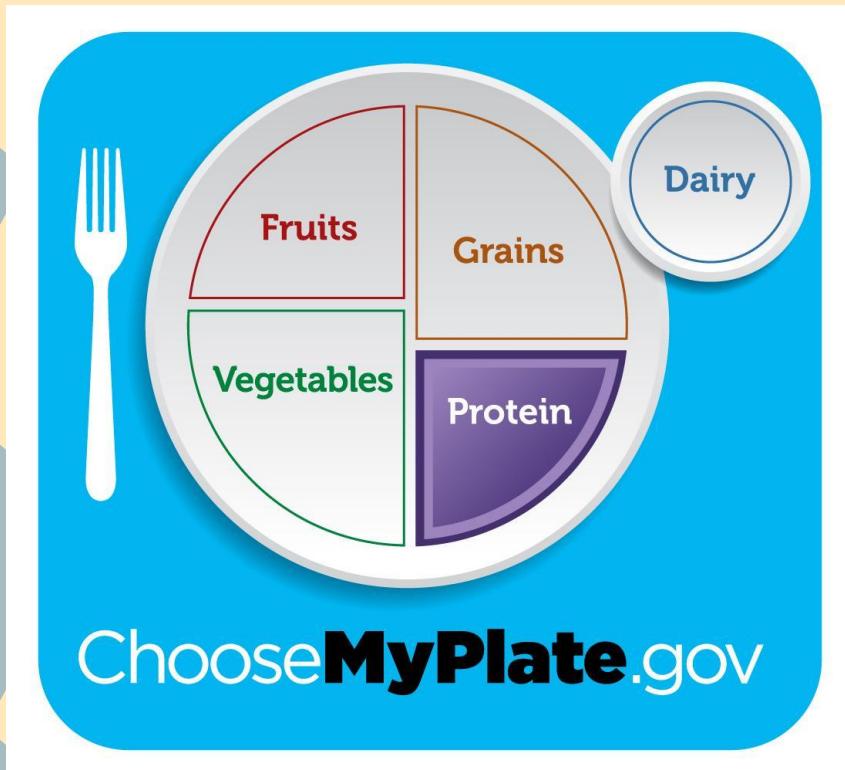
Grains

3. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.
4. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

What is a grain?

How much do I need?

G. Go Lean with Protein



1. All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.
2. Meat and poultry choices should be lean or low-fat.

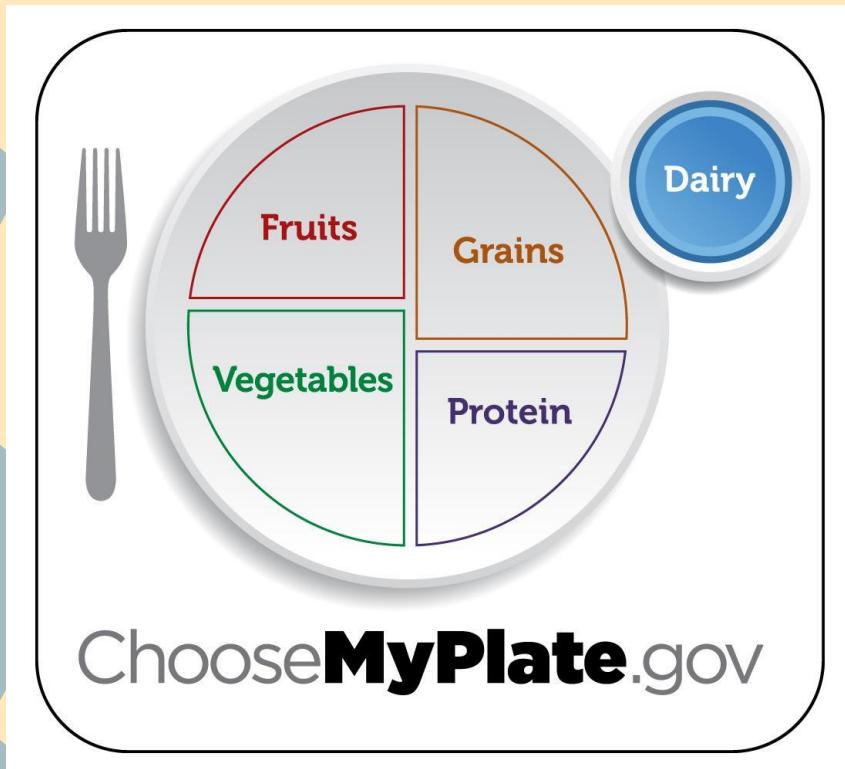
Go Lean with Protein

3. Select a variety of protein foods to improve nutrient intake and health benefits, including at least eight ounces of cooked seafood per week.
4. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds.

What is a Protein?

How much do I need?

h. Get Your Calcium-Rich Foods



1. All fluid milk products and many foods made from milk are considered part of this food group.
2. Most Dairy Group choices should be fat-free or low-fat.

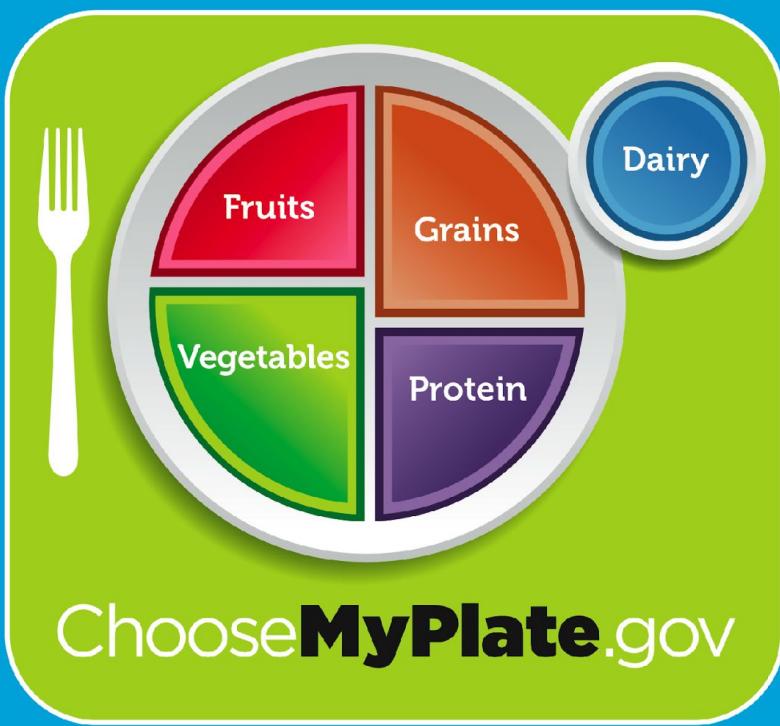
Get Your Calcium-Rich Foods

3. Foods made from milk that retain their calcium content are part of the group.
4. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.
5. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

More Information on Dairy

How much do I need?

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name. Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.
For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov .				

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas



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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

- Place students in pairs.
- Give each pair a copy of the Recommended Amounts from Individual Food Groups, Appendix 1 (a-e), to tell students the recommended amounts that they need to consume daily from each of the food groups.
- Emphasize this is just an estimate based on age and gender only.
- Make copies of My Daily Food Plan Worksheet,
http://www.choosemyplate.gov/professionals/food_tracking_wksht.html), ranging from 1,000 – 3,200 calories for students. They will need this document. It gives them specific information on the amounts of food that they need each day and will help them with planning a week of meals in the independent practice step. This will give them an estimated recommended number of calories they should consume and the amounts they need to consume from each of the food groups to meet this amount of calories.
- Stress that this is an estimated caloric intake needs.

Guided Practice:

- Give students a copy of Sample Menus for a 2,000 Calorie Food Plan to use as an example.
- Go to MyPlate website, Healthy Eating Tips tab and select Sample Menus and Recipes (<http://www.choosemyplate.gov/healthy-eating-tips/sample-menusrecipes.html>)
- Take these up to use with each class.

- We have reviewed the MyPlate and Dietary Guidelines recommendations today.
- You have learned the recommended amounts of food that you should consume daily from each food group based on your nutritional needs.
- Give each student a copy of My Menu Plan, Appendix 2.
- I want you to create 6 days of meals that would meet your nutritional needs and also meet the recommendations we discussed. When you do this, you need to include foods and drinks that you like which will make it easier to do each day.
- Try to use a variety of foods so your meals don't get boring.

- *The second part of this assignment is for you to try to follow your meal plan to see how you do at meeting your nutritional needs each day.*
- *I realize you don't have control over the food bought for your family, but we make choices everyday about the food and drinks we consume.*
- *The cafeteria provides us with choices for breakfast and lunch every day, plus you would have some choices at home too.*

Closure:

- *You did a great job planning your meals and implementing them into your daily life.*
- *Making changes is not always an easy thing to do. Healthy eating and being physically active are important habits for you now and throughout your life.*