

# SESSION 1: Building a Healthy Plate

In this session, participants will be engaged in a discussion about foods to increase, foods to reduce, balancing calories and physical activity. They will practice “building a healthy plate” using MyPlate and meal cards and discuss ways to include more fruits and vegetables.

*\*The structure within this lesson is intended as a guide. Prompts and cues can be tailored to better fit instructor's personality or tone. This curriculum was developed prior to the release of the 2025-2030 Dietary Guidelines for Americans. It reflects the evidence, recommendations, and federal nutrition guidance available at the time.*

## OBJECTIVES

After the session participants will be able to:

1. Describe MyPlate and the five food groups.
2. Name at least 3 of the 6 key MyPlate messages.
3. Modify a meal to reflect the MyPlate guidelines.
4. State 2 ways to include physical activity in their daily routine.

## TIME

60 minutes

Additional 20-30 minutes *with* Food Demo

## MATERIALS NEEDED

Be sure to have enough copies of each of the participant handouts and other items.

### Trainer Materials:

1. Sign-in sheet
2. Pre and post surveys

### Participant Handouts Included in Packet:

1. USDA **Start Simple with MyPlate** mini poster
2. USDA **Small Changes Matter. Start Simple with MyPlate Today** booklet
3. DHHS **Move Your Way** handout
4. **CalFresh Healthy Living Everyday Healthy Meals** cookbook
5. DGA **Building a Healthy Eating Routine** Fact Sheet (*supplemental*)

### Other Items:

1. **Sample Meal Cards:** “Portion Plate” model and food models (USDA, *CalFresh Healthy Living* and Women Infants and Children (WIC) sources)
2. Posters: **CalFresh Healthy Living Sugar Synonyms**; California (CA) WIC **What is a Whole Grain?**
3. **Home Activities** sheet

## Recommended Class items:

1. Whole milk, 1% milk cartons, and a non-dairy carton
2. Name tags
3. Colored markers and/or crayons
4. Pens and/or pencils
5. Flip chart paper
6. Blue painter's tape
7. Large envelope for documents
8. Recipe and items for taste testing (*optional food demo*)
9. 8-ounce measuring cup

### BEFORE TRAINING

Contact and invite a CalFresh Outreach Worker to attend session. Confirm their attendance.

Confirm your meeting location, date, and time.

Remind participants with a friendly call or email, whichever method works best for you and participants.

Make copies of the trainer materials and participant handouts.

Prepare the following flip chart paper:

1. Outline
2. Group Agreements

Have Media Release Forms available if photographs or videos are taken. Introduce the form to the class and explain that it gives permission to use their photograph in written materials, the program website, publications, or brochures.

### TRAINING DAY

Set out the sign-in sheet and a pen.

Place name tags, pens/pencils, and paper on the table.

Post flip chart papers to wall.

Hang USDA **Start Simple with MyPlate** Poster.

Provide a table with chair for the CalFresh Outreach Worker, if one attends.

Consider arranging tables/chairs in a shape to allow active participation. (*For example, U-shape, small clusters, etc.*)

Have music playing as participants arrive. (*optional*)

## SESSION OUTLINE

Have Outline on flipchart paper and tape to wall/ write on board.

1. Welcome & Training Introduction (2 min)
2. Group Agreements (3 min)
3. Pre-Survey (5 min)
4. Ice-Breaker (5 min)
5. Introduction: My Plate and the Food Groups (5 min)
6. Activity 1: Using MyPlate to Create Healthier Meals (10 min)
7. PA Break: Group Stretch (3 min)
8. Activity 2: Choosing Healthier Options (3 min)
9. Activity 3: Be Physically Active - Move Your Way Through (5 min)
10. (Optional) Activity 4: Food Demonstration for Taste Test (20 min)
11. Home Activities to Practice (5 min)
12. Conclusion & Post Evaluation (5 min)
13. Closing

## 1. WELCOME & TRAINING INTRODUCTION

**TIME:** ~2 minutes

**REMINDERS:** Post agenda on the wall.

**SAY:** Hi, and welcome to the Nutrition 5 Class Series. During the following sessions we will be covering different topics such as building a healthy plate, meal planning, shopping on a budget, learning how to read a label, and rethink your drink.

During today's session, we will be reviewing the five food groups and how we can include them in each meal. We hope that the information and activities we share and do today are useful.

Before we begin, let's cover a few housekeeping items.

Please be sure to sign the sign-in sheet.

Please excuse yourself if you need to use the restroom or to take a call.

*(Share instructions on where the restrooms are located, if needed.)*

This session is about 1 hour. We appreciate your participation!

**ASK:** Any questions?

## 2. GROUP AGREEMENTS

**TIME:** ~3 minutes

**REMINDERS:** Post Group Agreements flipchart paper on the wall.

**SAY:** Before we get started, we will put together a list of group agreements. Group agreements allow us to create a safe and welcoming environment. Some examples are to be respectful of others' opinions or allowing others to speak without being disrupted.

**ASK:** What are some group agreements we want to make for our session today?

**DO:** Allow participants to share and/or make suggestions if no one is speaking. Some examples include:

1. Be respectful and have fun!
2. Agree to disagree. Don't yuck my yum!
3. Participate as much as you feel comfortable doing – your voice matters.
4. Leave cell phone on vibrate and step outside if you must take a call.

Use a poster flipchart and marker to write group agreements as participants are sharing.

**SAY:** Thank you for participating. As a reminder, we can always make changes to the group agreements as we move through the series.

### 3. PRE-SURVEY

**TIME:** ~5 minutes

**MATERIALS:**

- *Pre-Survey* (optional)
- Pens
- Large envelope for documents

**DO:** Pass out the *Pre-Survey* and pens.

**SAY:** This is the *Pre-Survey*. Your participation is important and will help us find out if the lessons are effective. We will ask you to complete the form again at the end of the session.

Please answer the questions as best as you can.

Your name will only be used to match pre and post surveys, but your responses will remain confidential.

**DO:** Collect all forms when completed.

### 4. ICE-BREAKER

**TIME:** ~5 Minutes

**REMINDERS:** Post this question on the wall/ flipchart paper.

**SAY:** Let's begin with an ice breaker related to today's topic: Building a Healthy Plate.

**ASK:** Who knows, or can guess, one of the five food groups and would like to share?

**DO:** Allow participants to share. Demonstrate the MyPlate diagram on the board or on the projector.

**SAY:** Yes, thank you for sharing. The five food groups are fruits, vegetables, grains, protein, and dairy. As we mentioned earlier, today's topic is how to incorporate all the five food groups to build a healthy plate by using MyPlate.

**SAY:** Thank you everyone for participating.

## 5. INTRODUCTION: MY PLATE AND THE FOOD GROUPS

**TIME:** ~5 minutes

### **MATERIALS:**

- **Start Simple with MyPlate** poster
- **Small Changes Matter, Start Simple with MyPlate Today** Handout
- **Building a Healthy Eating Routine** Fact Sheet (supplemental)

**ASK:** Can someone share what food provides for our bodies?

**DO:** Allow time for participants to share.

**SAY:** Yes, thank you. These are all great answers. Food gives you nourishment and enjoyment. It gives you the fuel and nutrients needed to:

1. Move – Move your muscles, including your heart and lungs.
2. Think – Feed your brain.
3. Grow – Replace the cells that make up your entire body; a red blood cell lives about 120 days and then it is replaced.

**SAY:** Other possible answers to discuss if not mentioned:

1. Food provides energy in the form of calories through carbohydrates, proteins, and fats.
2. Food also has essential nutrients such as vitamins A, B, C, & D, minerals including iron, calcium, & potassium, and more.
3. Other items: Cholesterol, gluten, fiber, water, phytochemicals and more (*color, aroma, flavor*).
4. Foods have different combinations of these nutrients.
  - a. Foods with similar combinations are grouped together – making the 5 food groups.
  - b. The food groups and MyPlate make it easier for you to get the nutrients your body needs.

All food groups are important to allow our bodies to be as strong as they can be. Tools such as MyPlate can make it easier to know how much from each food group you are eating.

So, how can MyPlate help us make healthy eating easy?

We will review the key messages for MyPlate together and learn how we can increase these healthy foods in our meals and snacks every day. We will be using two handouts to learn about MyPlate.

**DO:** Pass out handouts

1. **Small Changes Matter, Start Simple with MyPlate Today** Handout
2. **Building a Healthy Eating Routine** Fact Sheet (supplemental)
3. Hang or Display: **Start Simple with MyPlate** poster

## 6. ACTIVITY 1: USING MYPLATE TO CREATE HEALTHIER MEALS

**TIME:** ~10 Minutes

**MATERIALS:**

- Laminated sample meal cards for activity
- Lined or scratch paper for participants to use

**SAY:** To understand MyPlate, we will start with an activity that uses MyPlate to create healthier meals.

For this activity, let's get into pairs. Make sure to introduce yourself to the other person. Let's go ahead and do that right now.

**DO:** Facilitate and make sure everyone is in groups of two or three.

**SAY:** Great, let's review the activity. Each group will receive a sample meal card and after we review each food group, you will discuss and modify the meal to reflect the MyPlate guidelines.

**ASK:** You can also think about your traditional meals, do they include some or most of the five food groups? As you review these cards, think of what you can add to meet the daily food group target.

**DO:** Pass out sample meal cards.

The first part is making half your plate fruits and vegetables.

Most fruits and vegetables are naturally high in nutrients and low in calories. Filling half your plate with fruits and vegetables will help you get the most nutrients without unneeded calories.

Let's review the messages: *Focus on whole fruits and vary your veggies together.*

**ASK:** Can I get 2 volunteers to read from your handout ***Small Changes Matter. Start Simple with MyPlate Today?*** (page 2)

**SAY:** So, how many fruits and vegetables do you need every day?

Look at the back of the ***Start Simple with MyPlate*** handout. The amount you need is based on your age, gender and how much physical activity you get. The recommended daily amounts shown on the handout are for an average adult. To learn more about your personal food group needs go to <https://www.myplate.gov/> and search MyPlate Plan.

**DO:** Write this webpage on the board- (<https://www.myplate.gov/>).

**SAY:** For now, we'll be using food models to help you visualize how much you need.

### Fruits (red section):

1. Eat 2 cups every day.
2. Include one citrus fruit every day for vitamin C (orange, grapefruit, tangerine).

### Vegetables (green section):

1. Eat 2 ½ cups every day.
2. Eat a variety of colorful vegetables, especially dark green and dark orange. Include 2 or more vegetables at your main meal.

All forms count – fresh, frozen, canned, dried. Look for “reduced sodium” or “no-salt-added” on the label for canned vegetables.

Now, look at your sample meal card.

**ASK:** What can you change to make sure half of the plate is fruit and vegetables?

Talk among your group and discuss the changes.

**DO:** Stay within a 2-minute time frame for conversations within groups.

**ASK:** Great conversations. Would anyone like to share what changes would be made? Make sure to show us the sample meal card.

**DO:** Stay within a 2-minute time frame for 1-2 groups to share.

**SAY:** Thank you for sharing. Let's move to the next food group.

### Grains (orange section):

The third message states we should *Make half our grains whole grains*. The back of the **Start Simple with MyPlate** handout tells us we need 6 ounces from the grain group every day and 3 of those ounces should be whole grain versions of bread, pasta, rice, tortillas and more.

Grains are good sources of B vitamins, fiber, and energy. Let's look closer at what a whole grain is.

A whole grain has three parts: *(Refer to WIC Whole Grain poster.)*

1. Bran – high in fiber, B vitamins
2. Germ – B vitamins, protein, minerals, healthy oils
3. Endosperm – mostly starch, processed or refined grains usually contain only the endosperm

To eat more grains:

1. Choose whole grain products – whole wheat bread, corn tortillas, whole grain pasta, brown rice, whole grain cereal, oatmeal.
  - a. Foods that are not whole grains include white rice, white bread, regular pasta.
2. Try something new:
  - a. Eat 100% whole grain cereals.
  - b. Add brown rice, bulgur or other whole grains to soups and casseroles.
  - c. Use half whole wheat flour / white flour in baking recipes.

Let's look at more simple tips for the grains group. Can I get a volunteer to read the "Make half your grains whole grains" section from your handout ***Small Changes Matter. Start Simple With MyPlate Today*** on page 2?

Now, look at your sample meal card. What changes can you make to make sure you add grains to the meal?

Talk among your group and discuss the changes.

**DO:** Stay within a 2-minute time frame for conversations within groups.

**SAY:** Great conversations. Would anyone like to share what changes would be made. Make sure to show us the sample meal card.

**DO:** Stay within a 2-minute time frame for 1-2 groups to share.

**SAY:** Thank you for sharing. Let's move to the next food group.

### **Protein Intake (purple section):**

The fourth message tells us to *Vary your protein routine*. The back of the ***Start simple with MyPlate*** handout shows we need 5 ½ ounces each day.

We can put proteins into 2 categories: animal and plant. Animal proteins include poultry such as chicken and turkey, fish, beef, and eggs. Some plant proteins include beans, nuts and nut butter, and tofu. Depending on your eating practices, protein can differ, and you must make sure you are eating the correct amount for your body. The key is to eat a variety within what your eating practices allow.

Remember:

1. Keep meat and poultry portions small and lean. A portion size for cooked meat, poultry, and fish is 3 ounces but many people eat more than they need. (*Refer to the food models.*)
2. Try to eat fish twice a week. Canned fish, such as salmon and tuna, counts. Eat beans, which are high in protein and fiber and less expensive.
3. Examples of good sources of protein can include lean meat, fish, tofu, soy meat, tempeh, eggs, beans, lentils, nuts and seeds.

Proteins are a good source of protein, iron, zinc and vitamin B12.

Now we will learn simple tips for the protein group.

**ASK:** Can I get another volunteer to read the “Vary your protein routine” from your handout ***Small Changes Matter. Start Simple with MyPlate Today*** on page 3?

Now, look at your sample meal card.

**ASK:** What changes can you make to make sure protein is part of the meal?

**SAY:** Talk among your group and discuss the changes.

**DO:** Stay within a 2-minute time frame for conversations within groups.

**SAY:** Great conversations. Would anyone like to share what changes would be made. Make sure to show us the sample meal card.

**DO:** Stay within a 2-minute time frame for 1-2 groups to share.

**SAY:** Thank you for sharing. Let's move to the next and final food group.

### **Dairy Products (blue Section):**

The fifth message tells us to *Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).* We need 3 cups or servings every day. Dairy foods are a good source of calcium, Vitamin D, potassium, and more.

1. There are four different kinds of milk: whole milk, 2% fat, 1% fat and fat free. (*Refer to containers and/or food models.*)

2. Lower fat milks, such as 1% and fat free, have the same amount of calcium and other nutrients, such as vitamin D, but fewer calories and less fat.
3. Children under two years of age should drink whole milk.
4. People over two years of age may want to get less fat and fewer calories by drinking lower fat milks. If you switch from whole milk to 1% milk, you will get about 45 calories less per cup which can add up. Drinking 1% milk saves ~616 calories/week and over a year that calories savings can be equal to about 10 pounds.

**NOTE:** If consuming dairy alternatives – only fortified soy beverage is considered a dairy equivalent. If consuming oat, almond, rice or other plant-based/milk alternatives, consider they are not always fortified with calcium and Vitamin D and may not meet dairy recommendations.

Also consider unsweetened versions of these beverages when possible.

*Background info:*

- a. *Whole Milk: 150 calories<sup>2</sup> x 2 cups/day x 7 days = 2,100 calories per week*
- b. *1% Milk: 105 calories<sup>3</sup> x 2 cups/day x 7 days = 1,470 calories per week*
5. Try calcium-fortified soy products as an alternate to dairy foods.

## PHYSICAL ACTIVITY BREAK

### 7. PA BREAK: GROUP STRETCH

**TIME:** ~3 Minutes

**ASK:** Let us take a quick break to stretch our bodies, if you can.

Who would like to lead us in a 2–3-minute stretch or breathing activity?

1. Offer some examples if needed.

*(If no volunteers, facilitator introduces and leads a PA. Pull from Shape of Yoga and/or other CalFresh Healthy Living materials.)*

**SAY:** Thank you all for participating.

### 8. ACTIVITY 2: CHOOSING HEALTHIER OPTIONS

**TIME:** ~3 Minutes

Choose foods and beverages with less added sugar, saturated fat, and sodium. *(Refer to page 3 on the handout.)*

**SAY:** Let's review the dietary guidelines on dairy food intake together. Can I get a volunteer to read from your handout ***Small Changes Matter. Start Simple with MyPlate Today*** on page 3.

**ASK:** Who would like to share what kinds of dairy, or fortified soy products they eat or drink? Continue the conversation by asking participants what type of dairy milk they usually drink or dairy alternative. If they currently drink whole milk, ask if they will consider switching to a lower fat milk. Thank the class for their participation.

**SAY:** We talked about the main messages of MyPlate and what we should eat more often. Now let's discuss what ingredients we want to avoid or eat in moderation. Please refer to page 3 of your ***Small Changes Matter. Start Simple With MyPlate Today?*** Those ingredients are the **3 S's** –

- a. Added Sugars
- b. Saturated fat
- c. Sodium

### **1. Choose foods and beverages with little or no added sugar**

**SAY:** Sugar is found naturally in some foods such as fruit, milk and grains. However, some food has ADDED sugar, which is the kind we want to avoid as much as possible.

Keep in mind that based on the Dietary Guidelines for Americans, people age 2 years or older limit added sugars intake to less than 10% of their total daily calories.

Two major sources of added sugar<sup>4</sup>:

- a. Sugar-sweetened beverages: Soda, fruit drinks, sports drinks, energy drinks, coffee, and tea beverages with added sugars
- b. Snacks & sweets: grain-based desserts (*cookies, cakes*), dairy desserts (*ice cream, pudding*) and candy

**DO:** Introduce new activity here.

**SAY:** Sugar has many different names. For this next activity we will talk about ways to reduce added sugar and what ingredients we can be more aware of in our beverages. We will go more into depth on reading nutrition labels in a later session.

Let's get together with a partner and try to fill in the empty spaces under each column for ingredients that end in "-ose", names of "syrops", and "other" sweeteners or added sugars.

**DO:** Hand out a worksheet to each pair or have them write down the answers for each column on a sheet of paper while you project the image on the board. Allow pairs to do activity on their own and present their completed table to the whole group after.

Sugar has many names –Ingredients that add sugar:		
Ends in “-ose”	Any “syrup”	Other
<ol style="list-style-type: none"> <li>1. Dextrose</li> <li>2. Maltose</li> <li>3. Glucose, Fructose</li> </ol>	<ol style="list-style-type: none"> <li>1. Malt syrup</li> <li>2. Cane juice/syrup</li> <li>3. High fructose corn syrup</li> </ol>	<ol style="list-style-type: none"> <li>1. Corn sweetener</li> <li>2. Brown sugar</li> <li>3. Honey</li> </ol>

**ASK:** Let's hear what you came up with.

**SAY:** We will now review ways that we can reduce our added sugar intake and eat healthier.

### 2. Drink water instead of sweetened beverages – Rethink Your Drink!

We will have an entire class on beverage choices. Until then:

- a. Read beverage labels to look for added sugars.
- b. Consume smaller portions.
- c. Choose healthy options more often.
- d. See page 3 of your Start Simple with MyPlate Today for more tips on how to reduce added sugars.

### 3. Eat fewer foods that are high in solid fats

**SAY:** We want to be mindful of eating fewer foods that are high in solid fats. Some fats are solid at room temperature, such as butter, and some are not, such as oils.

- A.** Major sources<sup>5</sup> of solid and saturated fats in our diet include:
1. Anything cooked in a lot of oil or saturated fat
  2. Bacon or red meats
  3. Fried foods
  4. Chips
  5. Cake and pastries

**SAY:** We also want to avoid these foods because they can elevate our bad cholesterol *when not eaten in moderation*. The key is to eat a balanced diet.

**B.** Ways to reduce solid & saturated fats:

1. Select leaner meats and lower fat milk and/or fat free dairy products.
2. Switch from solid fats to oils when preparing foods (*like sauteing with olive or canola oil instead of butter, shortening, or coconut oil*). See page 3 of your **Start Simple with MyPlate Today** handout for examples of healthy cooking oils.
3. Choose foods lower in saturated fat like nuts, seeds, and fish such as tuna, salmon, trout and more.

**ASK:** "Who would like to share which sugary food you may want to eat less often". As time permits allow 2 to 3 participants to share and thank them.

#### 4. Look out for salt and sodium

**SAY:** Another nutrient we want to eat in moderation is salt or sodium. Sodium is found naturally in some foods and is added to others.

**A.** Major sources of added salt or sodium<sup>6</sup> are:

1. Processed meats
2. Canned foods and soups
3. Frozen dinners
4. Chips and salty snacks
5. Processed cheese
6. Some seasonings
7. White bread

**B.** Ways to reduce added salt:

1. Eat more home-prepared foods so you can be in control of how much salt goes into your meals.
2. Read the food label to check for sodium content and look at the ingredients. High sodium food is anything with >20% of sodium in its ingredients label.
3. Use less table salt. Add spices or herbs to season your food instead of salt.

**ASK:** "Who would like to share which salty food you may want to eat less often?" As time permits allow 2 to 3 participants to share and thank them.

## 9. ACTIVITY 3: BE PHYSICALLY ACTIVE – MOVE YOUR WAY THROUGH

**TIME:** ~5 Minutes

Introduce physical activity as a component of the Nutrition 5 session series.

**SAY:** How many people think they sit too much? Similar to the quick activity we did earlier, we want to try and include physical activity in our day-to-day activities for our own health. It may be hard to start but you will benefit later. Just like we have made brushing our teeth a daily habit, we can make physical activity a habit.

### Benefits of physical activity:

**ASK:** Who can tell me some of the benefits of physical activity? *(Thank everyone for their participation and review below.)*

1. Reduces the risk of chronic disease such as heart disease and diabetes
2. Boosts your mood and sharpens your focus<sup>7</sup>
3. Reduces stress and improves sleep<sup>7</sup>
4. Promotes a healthy weight

### How much activity do you need:

**ASK:** How much physical activity do you think adults and kids need every day? *(Thank everyone for their participation and review below.)*

1. Adults should get at least 2 ½ hours of moderate physical activity *(brisk walking, bike riding, & strength training)* each week (about 30 minutes 5 days a week).<sup>7</sup> You can break it into 10 minutes at a time.
2. Children should get at least 60 minutes of physical activity every day. Let them play!

### Pick activities that you like:

**SAY:** Have fun! You don't have to go to the gym to be active. Here are some tips:

1. Try going on a walk or bike ride, dancing, playing with your kids, going to the park or community center, playing ball.
2. You can even do things that don't feel like exercise such as gardening, vacuuming, and going shopping.<sup>7</sup>
3. Join community classes, like these...*(insert information about what is offered near you.)*

**SAY:** Can someone please share some of your favorite ways to be active? *(Thank everyone and continue.)*

**SAY:** What you eat, and drink and your level of physical activity are important for your own health and the health of your family – be a healthy role model.

**ACTIVITY:** Refer participants to the *CalFresh Healthy Living* website for more information on how to be physically active. If online resources are available during the session go to: <https://calfresh.dss.ca.gov/cfhl/physical-activity> and demonstrate.

**SAY:** Reminder, physical activity is crucial for overall health, promoting stronger bones and muscles, better sleep, improved mood, and reducing the risk of chronic diseases.

## 10. (OPTIONAL) ACTIVITY 4: FOOD DEMONSTRATION FOR TASTE TEST

**TIME:** ~Additional 20-30  
Minutes

Must be Servsafe  
Certified

1. Prepare one recipe from the *CalFresh Healthy Living Everyday Healthy Meals* cookbook; options include Corn and Green Chili Salad, Vegetable Quesadillas and Breakfast Fruit Cup.
2. Conduct a taste test with vegetables; options include use of vegetables in season, compare fresh, canned, and frozen vegetables, compare raw and cooked vegetables.

## 11. HOME ACTIVITIES TO PRACTICE

**TIME:** ~5 Minutes

**DO:** Write some of these activities on the board or flip chart for class to see.

1. Prepare one recipe from the *Everyday Healthy Meals* cookbook. **NOTE:** If cookbooks are not available, print recipes or have recipe cards available for participants to take home.
2. Go to <https://www.myplate.gov/> (or from the recipe handout) and find two items that are interesting to you or your family members. Try to implement some of those interesting topics into your everyday family meals.

## 12. CONCLUSION & POST EVALUATION

**TIME:** ~5 Minutes

**SAY:** Each day brings a chance to eat healthy foods. As a reminder, try to make food choices that are rich in nutrition. Healthy eating patterns can boost your health and your family's health now and, in the years to come. Think about your food choices over the course of this week.

**ASK:** How can you create a healthy eating routine for yourself and your family? We will talk more about healthy eating routines next time when we learn how to plan healthy meals. *Remember*, small changes matter! The benefits add up over time.

**DO:** Distribute individual evaluation sheets to each attendee and ask:

1. Do you have any questions?
2. Let's review. (*Distribute evaluation forms or conduct verbally.*)

## 13. CLOSING

**SAY:** Thank you for attending our class today. Remember, healthy eating can be done on a budget!

*If part of a series of classes:*

At our next class, which will take place [time, location], we will talk about planning meals.

**SAY:** Thank you, everyone for attending. Next class is on *(insert next session date)*.

Circle One: **PRE** or **POST**

**NAME:**

## **NUTRITION 5 – LESSON 1 EVALUATION FORM**

### **BUILDING A HEALTHY PLATE**

Please respond to the following questions using the scale below. After attending this session, I feel confident that I can:

	<b>STRONGLY AGREE</b>	<b>AGREE</b>	<b>NEUTRAL</b>	<b>DISAGREE</b>	<b>STRONGLY DISAGREE</b>
<b>1.</b> I can describe MyPlate and the five (5) food groups.					
<b>2.</b> I can modify a meal to reflect the MyPlate guidelines.					
<b>3.</b> I can name two (2) benefits of physical activity.					
<b>4.</b> I can state two (2) ways to include physical activity in your daily routine.					
<b>5.</b> I can name the 3 S's we want to avoid eating too much of.					

Please return this form to the instructor when you are done.

## REFERENCES:

- 1 Dietary Guidelines for Americans, 2020-2025, Chapter 3: Children and Adolescents, pg. 88 [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
- 2 USDA Nutrient Database: Milk, whole, 3.25% milkfat - <https://fdc.nal.usda.gov/fdc-app.html#/food-details/746782/nutrients>
- 3 USDA Nutrient Database: Milk, low fat, 1% milkfat - <https://fdc.nal.usda.gov/fdc-app.html#/food-details/746772/nutrients>
- 4 Top Sources and Average Intakes of Added Sugars: U.S. Population Ages 1 and Older, 2020-2025 Dietary Guidelines for Americans, Chapter 1, Guideline 4, Figure 1-10, pg. 43 [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
- 5 Top Sources and Average Intakes of Saturated Fat: U.S. Population Ages 1 and Older, 2020-2025 Dietary Guidelines for Americans, Chapter 1, Guideline 4, Figure 1-11, pg. 45 [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
- 6 Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older, 2020-2025 Dietary Guidelines for Americans, Chapter 1, Guideline 4, Figure 1-11, pg. 47 [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
- 7 Move Your Way, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services: <https://health.gov/moveyourway>

## NUTRITION 5 CURRICULUM - HOME ACTIVITIES SHEET

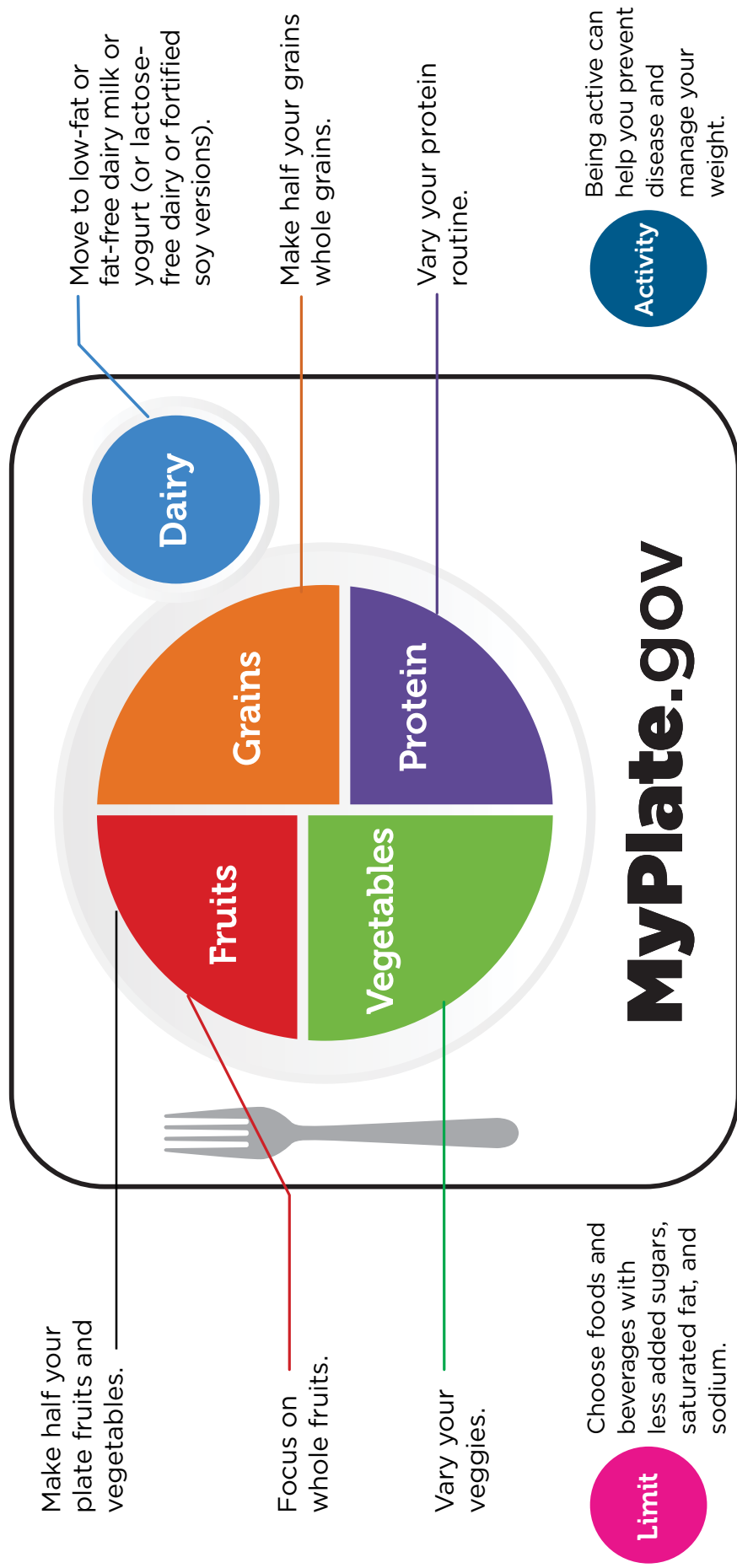
# LESSON ONE - Building a Healthy Plate






**INSTRUCTIONS:** The following are recommended activities to try at home on your own or with your family. We will have some time during the next class to share what you accomplished. Feel free to post on a wall or the refrigerator at home to track your progress!

ACTIVITY	STATUS
Apply for CalFresh benefits, if available.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress <input type="checkbox"/> Does not apply
Make half your plate fruits and vegetables at least 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Be physically active for at least 30 minutes 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress

# Start *simple* with MyPlate

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.

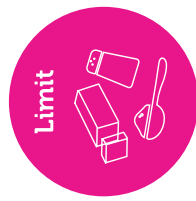


 <b>Fruits</b>	 <b>Vegetables</b>	 <b>Grains</b>	 <b>Protein</b>	 <b>Dairy</b>
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
<h2>Daily Food Group Targets — Based on a 2,000 Calorie Plan</h2> <p>Visit <a href="https://www.myplate.gov/myplateplan">MyPlate.gov/MyPlatePlan</a> for a personalized plan.</p>				
<p><b>2 cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><b>2½ cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><b>6 ounces</b></p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><b>5½ ounces</b></p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><b>3 cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

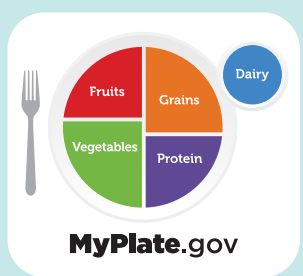
- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

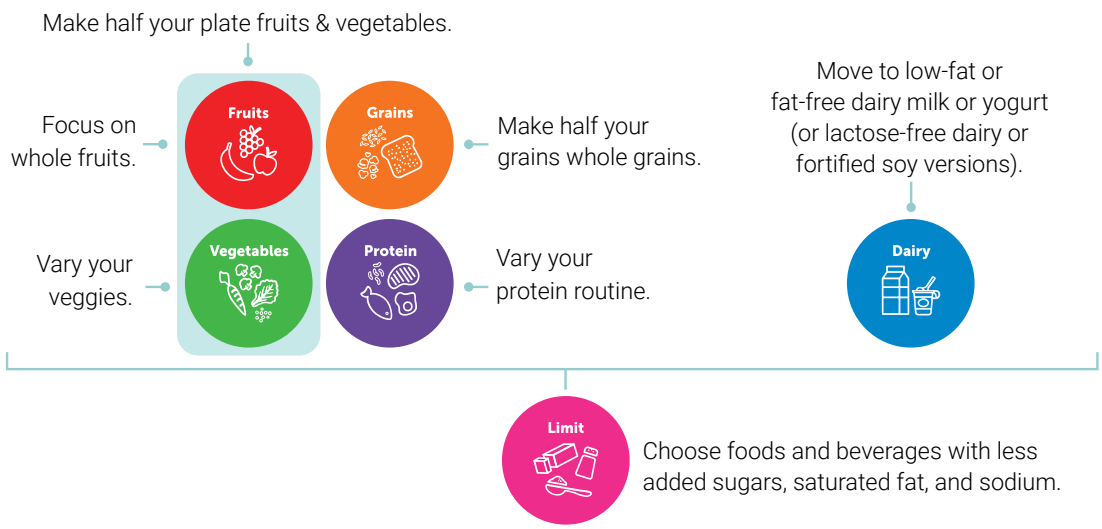
Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day      Adults ≥ 150 min/week



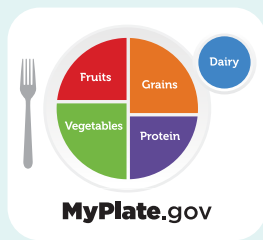
# Small Changes Matter. Start Simple With MyPlate Today.

**Healthy eating is important at every stage of life.**



**The benefits add up over time, bite by bite.**

## Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



## Choose from these simple tips to help you...



### Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



### Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



### Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.



## Protein



### Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



## Dairy



### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



### Choose foods and beverages with less added sugars, saturated fat, and sodium

#### Limit



#### Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

#### Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

#### Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.





## The Dietary Guidelines for Americans

Developed jointly by the U.S. Department of Agriculture and U.S. Department of Health and Human Services, the *Dietary Guidelines for Americans* are the Nation's science-based guidance on how to eat for good health. The Guidelines encourage all Americans to start and maintain a healthy eating routine. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the *Dietary Guidelines*.

For more information:

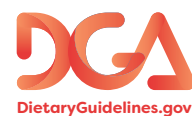
[MyPlate.gov](https://www.MyPlate.gov)

[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)



Food and Nutrition Service  
USDA Publication number:  
USDA-FNS-2020-2025-DGA-CP  
December 2020

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ADULTS



# What's your move?

You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

**So get more active — and start feeling better today.**

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

## Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

## What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

✓ Lower your risk of diseases like type 2 diabetes and some cancers

✓ Control your blood pressure

✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.  
[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)



# WHAT IS A WHOLE GRAIN?

¿Que es un grano entero?

## Bran

High in fiber and B vitamins

## El Salvado

Alto en fibra y vitaminas B

## Endosperm

Contains mostly starch

## El Endosperma

Contiene principalmente almidón

## Germ

Contains B vitamins, some protein, minerals and healthy oils

## El Germen

Contiene vitaminas B, algunas proteínas, minerales y aceites saludables