



Lesson 1: Introduce MyPlate and Make Half Your Plate Fruit and Vegetables Combo

PROTOCOL

1. Study the Introduce MyPlate and Make Half Your Plate Fruit and Vegetables combo lesson and Educator Resources.
2. At the Food Bank, gather the following materials: MyPlate tri-fold display, Stone Fruit Tip Card, MyPlate Mini-Poster English/Spanish
3. At the Intervention Site, set-up the poster according the Template and photo (attached)
4. Set-out the handouts, i.e. Stone Fruit Tip Card, MyPlate Mini-Poster Handout English/Spanish
5. Prepare the Stone Fruit Salad recipe for the tasting
6. Aim to engage a minimum of 5 participants in hearing the lesson from start to finish for 5 minutes
7. Emphasize the 3 or more key messages of the lesson

Lesson Highlights

Objectives:

- Identify the 5 food groups in the MyPlate model
- Describe 3 main messages of the MyPlate model
- Fill half your plate with fresh fruits and vegetables
- Taste a healthy stone fruit recipe.

Educator Resources:

- Getting Started with MyPlate
- MyPlate Community Toolkit

Consumer Handout:

- MyPlate Mini-Poster handout Eng/Sp
- Stone Fruit Tip Card

Materials:

- MyPlate tri-fold display including MyPlate poster, 5 food groups labels and fruit and vegetable cut-outs.
- Prepared Stone Fruit Salad recipe for taste test (optional)

Key Messages of this lesson:

1. **MyPlate is a guide to healthy food choices.**
 2. **MyPlate is made up of 5 different food groups: fruit, vegetables, grains, protein, and dairy**
 3. **Fill half your plate with fruits and vegetables**
8. Invite participants to taste the recipe
 9. Distribute the hand-outs: Stone Fruit Tip Card, MyPlate Mini-Poster Handout English/Spanish