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

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