

Week 1 (Day 1): MYPLATE Introduction

Time Needed	Materials Needed	Set-Up Needed
45 minutes	RESOURCES: <ol style="list-style-type: none"> 1. "Cooking Matters in Your Community Guide (CMYC)" 2. "Getting Started with MyPlate" 3. "Helping Your Clients Meet MYPLATE Goals on a Budget" 4. Various fruits/vegetables and grains for "Name That Fruit or Vegetable" and "Name That Grain" activities from "Cooking Matters in Your Community Guide (CMYC)," p. 36, 37 	Display large visual of MYPLATE. Can use mini poster (enlarged), which is in both English and Spanish.
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Goals are for community members to be familiar with MyPlate concept and how they can apply to their own lives.	Focus on "meeting community members where they are." Focus on making small, manageable changes.	Ask questions and facilitate discussion so participants can learn from each other rather than lecturing.
Topics	Procedural Steps/Activities/Key Points to be made	
Introduction	Opening questions for trainer to community members. Write answers on flip chart or white board: <ol style="list-style-type: none"> 1. How do you choose what to eat for meals? For snacks? 2. What's important to you? Examples: Taste? Convenience? Cost? Nutritional Value? Family/cultural preferences? 3. What challenges do you face? Examples: Do not know how to cook. Lack of time to cook. Lack of knowledge about what's healthy. Money. Family preferences. 	
MYPLATE/Food Group Exploration	<ol style="list-style-type: none"> 1. Trainer shows Visual of MyPlate (Handout: "Meeting MyPlate Goals on a Budget," page 2 and/or use mini poster hand out, which is in English and Spanish) <p style="margin-left: 20px;">Trainer says: MyPlate shows the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.</p> 2. Trainer describes MyPlate messages: <ul style="list-style-type: none"> • Fruits and Vegetables: Fill half your plate with fruits and veggies. • Grains: Make at least half your grains whole. • Protein: Choose lean or low-fat proteins and vary your protein choices. • Dairy: Choose low-fat (1%) or nonfat milk and milk products. 	

MYPLATE/Food Group Exploration

3. Hand out “Meeting MyPlate Goals on a Budget.” Explore this booklet with community members. Let community members know that the class will refer back to this booklet often.

Trainer draws community members’ focus to this from “Meeting MyPlate Goals on a Budget”: “62% of shoppers say it costs too much to eat healthy food. In fact, one study showed that serving fruits and vegetables for snacks can actually SAVE you money. Snack-size portions of produce cost about 2 cents less on average than snack-size portions of foods like crackers, chips, or donuts.”

Trainer says: During this class we will work together to learn techniques to accomplish this goal. We will learn from each other and you will develop techniques that meet your personal goals and lifestyle. We will focus on making small changes that are achievable. Small changes can make big differences both in your health and finances!

4. Resources available::

Websites (These resources are helpful to trainer to find additional resources/information as needed. Our curriculum is based on both MyPlate and Cooking Matters.)

- MyPlate (choosemyplate.gov)
- Cooking Matters (cookingmatters.org)

Trainers’ Handouts

- “Getting Started with MyPlate” (helpful for trainer when giving MyPlate overview)
- “Helping Your Clients Meet MyPlate Goals on a Budget” (helpful for training when discussing “Meeting MyPlate Goals on a Budget”)
- “Cooking Matters in Your Community (CMYC)” (contains tips, activities, and recipe options for trainer to use when teaching class) to community members

Activity

MyPlate Bingo Game

Wrap-Up

Homework: For the next two days, keep a food/drink log. Record what you eat and where (e.g. at home, at a restaurant)