



TRACKS Lesson Plan

MyPyramid: Eating According to MyPyramid

Caregiver Workshop – How Does Your Pyramid Stack Up?

Audience: Caregivers

I. Nutrition Education Objective

- A. Know the key messages from *MyPyramid*

II. Content

- A. Participants will learn the key concepts of *MyPyramid* and the Dietary Guidelines.
- B. Participants will learn the recommended daily amounts of the food groups according to *MyPyramid*
- C. Participants will include the recommended amounts of foods from *MyPyramid* into their own meal planning.

III. Materials

- A. Power Point presentation: Eating According to *MyPyramid*
- B. Visuals: *MyPyramid* poster, Anatomy of *MyPyramid*, Nasco™ Portions kit, Food cards with portions
- C. Handouts:
 1. *MyPyramid* Tracker worksheet
 2. *MyPyramid* Food Intake Pattern Sheet
 3. *MyPyramid* mini poster
 4. “Loving Your Family, Feeding Their Future” guidebook
 5. ERN information sheet
 6. Parent Newsletter- *MyPyramid*: Steps to a Healthier You
- D. Optional Activity: *MyPyramid* Bingo
- E. Supplies: Pencils
- F. Food tasting: Vegetable Tray with Low-fat dip
 1. Assorted raw vegetables
 2. Low fat dip
 3. Paper napkins
 4. Paper plates
 5. Plastic forks, spoons and cups
 6. Water
 7. Hand wipes
- G. Reinforcement- Fruit or Vegetable Seedies (or any other appropriate reinforcements)

IV. Procedure

A. *Introductory:*

1. Introduction of Nutrition Educator
2. Ice Breaker: Ask participants what they know about MyPyramid and serving sizes. Record responses.
3. Lesson Introduction
 - a. Hang poster of MyPyramid.
 - b. Explain the Eat.Right.Now Nutrition Education program and general goals. Give specifics on what we do in the schools and why nutrition education at this age is so important.

B. *Developmental*

1. MyPyramid and Dietary Guidelines
 - a. MyPyramid is a roadmap to guide you along the path to a healthier you. You can use MyPyramid to help develop your personal path to eat healthy and to be physically active. MyPyramid was revised in 2005 by the USDA in conjunction with the new Dietary Guidelines for Americans. It helps explain the different food groups and how much we should be eating from each food group.
 - b. MyPyramid was designed to be more user-friendly and informative. There are a few key messages MyPyramid tries to convey visually. Proportionality is represented by the width of the bands; some food groups are larger than others. Moderation is represented by the length of the bands, how they change from wider to thinner. Variety is represented by the different colors of each food group and individuality is represented by “MyPyramid.” Each individual’s intake will be different depending on age, weight, gender and activity level.
 - i. Encourage participants to visit the MyPyramid website, <http://www.MyPyramid.gov> to calculate daily calorie needs, learn recommended amounts from each food group and find sample menus.
 - ii. Ask if participants have visited the website, and what they know about MyPyramid.
 - c. Key Messages from the Dietary Guidelines
 - i. The Dietary Guidelines are 6 key concepts that people should concentrate on regarding their diet.
 - Focus on fruit
 - Vary your veggies
 - Get your calcium-rich foods
 - Make half your grains whole
 - Go lean with protein
 - Know the limits on fats, salt, and sugars
 - d. Each food group has servings given in either ounces or cups. This pyramid is actually based on a 2000-calorie diet, which is average for most people. Your individual needs will vary depending on your gender, age, and

activity level. So the amounts of foods you require according to MyPyramid may be a little more or a little less than the amounts listed.

- e. Distribute and review the Food Intake patterns handout so participants can determine their individual requirements.
 - f. Discuss each food group and tips for healthy eating.
 - g. Review recommended amounts for each food group. Discuss standard portion sizes and what they look like. Use portions kit or food cards.
 - h. Discuss the difference between a portion and a serving. Serving sizes are usually very different from the portion size we actually consume. Serving size is the standard unit of measure listed on the Nutrition Facts Panel of the food label. A portion is the amount of food we eat at any given time- it is not a standard measure. Our portions tend to be much larger than the actual serving size listed on the label.
2. MyPyramid Points to Remember
 3. Learning Activity – MyPyramid Tracker Worksheet
 - a. Have participants write down what they ate yesterday for breakfast, lunch, dinner and snacks. Put the foods in the appropriate food group and then estimate the total amount for each group. Discuss which groups do not meet the recommendations. What food groups are they getting too much of or not enough of?
 4. Optional Activity: MyPyramid Bingo

V. Conclusion:

- A. Thank the participants for their time and answer any questions they may have.
- B. Distribute hand wipes.
- C. Provide each participant with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
- D. Distribute parent handouts
- E. Distribute and explain reinforcements.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

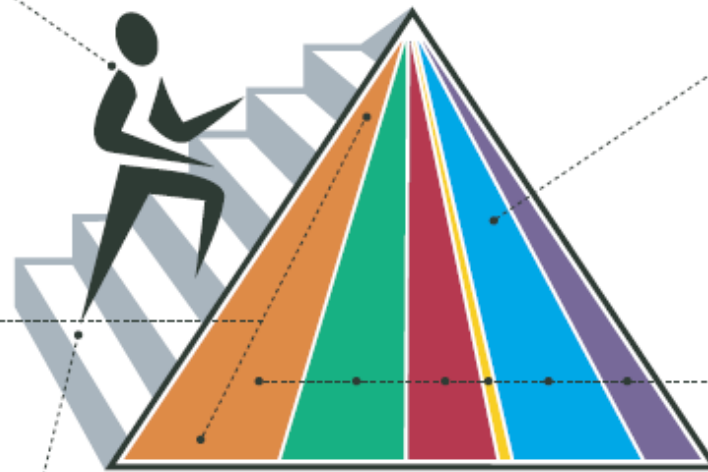
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

 U.S. Department of Agriculture
Center for Nutrition Policy
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