Arrange Your Plate



**Lesson Plan Title:**

Nutrition

**Subject Area:**

**Recommended course(s):**

*Facs I Unit 9 ob 7,8*

*Surviving & Thriving Unit 8 ob 3,4,10*

*Chemistry of Foods Unit 8 ob. 23, 24, 25*

*Nutrition Food & Wellness- Nutrition Unit*

*Food Preparation & Nutrition for Life- Nutrition Unit*

*Tween Life & Investigate FACS- Unit 6 ob. 2,3,4.6.7*

**Aligned to NASAFACS Standards:**

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14.2 14.3

**Objectives:**

Construct menus that fulfill the MyPlate requirements.

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| **Materials needed:**  **Crayons or collared pencils**  **Scissors**  **Paper clips or baggies**  **Handouts:**  **Arrange My Plate**  **How Are You Going to Spend Your Calories**  **Plan Your Meals**  **Foods Categorized into Food Groups** | **Resources:**  **choosemyplate.gov** |

**Lesson Summary/Outline:**

Use MyPlate cutouts to assist in planning meals that meet recommended dietary guidelines.

Make a plan on how to spend your calories.

**Motivator/Opening:**

Previously students have learned the MyPlate concept and have identified their personal plan on choosemyplate.gov. Today, we are going to put your specific plan into action.

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| **Activities:**   1. **Color with the corresponding color, handout- Arrange Your Plate!** 2. **Identify how many calories and numbers of servings are recommended for each student in the food groups.** 3. **Cut out and separate only the recommended amounts.** 4. **Recycle trash.** 5. **Store cut outs with paper clip or baggie to be used again.** | **Assignments:**   1. **Using the Plan Your Meals handout, distribute calories where you plan to use them.** 2. **Add up how many calories you intend to spend for each meal and snack.** 3. **Record and set calories aside.** 4. **Distribute food group cards where you plan to use them.** 5. **Record the following information on a separate sheet. Using the handout, Foods Categorized into Food Groups, identify a specific food that the student will eat for each food group card. Include amounts. (Specific recipe name or method of cooking can be used by advanced students.)** 6. **Repeat several more times. Students will use a variety of foods for each meal and day.** |

**Evaluation:**

Participation or may hand in menus.

**Notes:**

**Submitted by:**

**Sherry Sletten**

**Contact info:**

**ssletten@cvalley.k12.ok.us**