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.**
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**Evaluation:**

Participation or may hand in menus.

**Notes:**

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