

MyPlate Presentation with 4th Grade Students

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Public Health Rotation

Develop/Present Nutrition Education (to non-dietitian audience)

Outline for Presentation

- I. Introduce speaker and give a brief overview of the topic of discussion- caloric & fat content of fast-food meals and building a healthy MyPlate meal.
- II. Show the fast-foods poster provided by preceptor.
 - a. Go over the fast-food meal examples displayed on the poster
 - b. Have a volunteer measure out fat to provide a visual for what is in a specific food item (measure out 1 tsp. for 4 grams of fat)- kids meal hamburger has 9 g fat
 - c. Show visual aids of 5 lb. of body fat
 - d. Discuss how gaining weight is related to calorie surplus, not fat intake
- III. Use the MyPlate model and food models to discuss building a balanced meal, specifically a lunch
 - a. Discuss the basic guidelines for the parts of MyPlate while using food models to demonstrate appropriate portion sizes
 - b. **Grains: Focus = Make at least half of your grains whole grains**
 - i. Define grains- Foods made from wheat, rice, oats, cornmeal, barley, etc. (such as tortillas, bread, pasta, grits, cereals, and oatmeal)
 - ii. Give examples of whole-grain foods- brown rice, whole-wheat flour, bulgur, oatmeal
 - ii. Discuss how to choose whole grains: Do not just look at the name of the product, but also check the ingredient list, looking for the first ingredient listed to be a whole grain. For instance, on oatmeal check that the first ingredient is “whole rolled oats.”
 - ii. Explain the benefits of whole grains- They contain bran, germ, and endosperm while refined grains only contain the endosperm (so dietary fiber, iron, and B vitamins have been removed). If you are buying a refined grain product, check to make sure that it is enriched (iron and B vitamins have been added back). Because of the higher content of dietary fiber, it is still best to choose whole grains over refined, even if the refined grains are enriched.
 - c. **Protein: Focus = Choose a variety of lean proteins**
 - i. Group includes meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, & seeds
 - ii. Discuss lean selections of protein/limiting red meat (lean cuts of beef, ham, lamb, pork, veal, ground meats, poultry- skinless chicken breast, for example)- not too specific
 - iii. Discuss vegetarian/vegan protein options (soy, beans, peas, nuts, seeds). For those who do not eat seafood, nuts and seeds can be a source of omega-3 fatty acids (especially walnuts and flax seed)
 - d. **Fruits: Focus = Make half of your plate fruits and vegetables**
 - i. Discuss choosing a variety of colorful fruits
 - ii. Discuss important contribution of vitamins, minerals, and fiber from fruits
 - iii. 100% fruit juice, canned fruit, and frozen fruit count, but it is best to get most of your fruit servings from fresh fruits
 - e. **Vegetables: Focus = Make half of your plate fruits and vegetables**
 - i. Discuss the different vegetables groups- Green leafy (romaine, spinach, collard greens, etc.), Red/orange (tomatoes, sweet potatoes, carrots, etc.), Starchy (green peas and lima beans, potatoes, cassava, corn)- stress that starchy vegetables should be limited and are similar to grains (high in carbohydrates & less nutrient dense than other vegetables), Peas/beans (also in protein category- black beans, kidney beans, garbanzo beans, etc.), and

- “other” vegetables (artichoke, avocado, asparagus, onion, cucumber, celery, cabbage, cauliflower, etc.)
- ii. Discuss important contribution of vitamins, minerals, and fiber from vegetables
 - iii. 100% vegetable juice, canned vegetables, and frozen vegetables count, but it is best to get most of your vegetable servings from fresh vegetables (if fresh are not available/affordable, frozen is the next best choice)
- f. **Dairy: Focus = Choose fat-free or low-fat dairy options** (foods that are made from milk and retain their calcium content, including milk, yogurt, cheese, & Ca-fortified soymilk, not cream, butter, and cream cheese)
- i. Discuss important contributions of protein and calcium from dairy- beneficial to get these without getting extra fat & saturated fat by choosing fat-free or low-fat varieties
- g. Briefly talk about empty calories- added sugars (sodas, desserts, any sugar not naturally-occurring) and solid fats (butter, beef fat, shortening) add calories but very few nutrients

IV. Take questions about presentation/general nutrition; fun physical activity with activity dice

Handouts to take: Food group glasses and MyPlate handouts

Resources: Poster and visual aids provided by preceptor- fast food poster, 5# body fat simulation; fat and measuring tools

www.MyPlate.gov

www.cancer.org

USDA.gov