

SERIES A: CHOOSE MYPLATE SUMMARY

Series A	Goal	Objectives—Participants will:	Handouts	Activities	Recipes
1 INTRODUCTION TO MYPLATE	Encourage participants to incorporate choices towards a healthy eating style.	<ul style="list-style-type: none"> • Become familiar with the USDA MyPlate and learn the key messages of the MyPlate, MyWins tip sheet. • Learn the health benefits of eating an overall healthy diet. • Identify strategies to choose foods and beverages with healthier fats, less sodium, and less added sugar. 	<ul style="list-style-type: none"> • MyPlate, MyWins Choose MyPlate • Eat Healthy Your Way • Find Someone Who 	<p>Welcome: Find Someone Who</p> <p>Activity 1: Sometimes vs. Everyday Heads-up</p> <p>Activity 2: Name Your Favorite Healthy Snack (movement)</p>	<ul style="list-style-type: none"> • Yogurt Berry Parfait: cookbook pg.10 • Peanut Butter Yogurt Dip: cookbook pg. 45 • Harvest Vegetable Salad: cookbook pg. 40 • Blueberry Tofu Smoothie: website • Fruit Pizza: website
2 MAKE HALF YOUR PLATE FRUITS AND VEGETABLES	Encourage participants to incorporate more fruits and vegetables into their meals and snacks.	<ul style="list-style-type: none"> • Learn the key message of the Fruits Group and of the Vegetables Group. • Learn the health benefits of eating fruits and vegetables as part of an overall healthy diet. • Identify strategies to add a variety of fruits and vegetables to meals and snacks. 	<ul style="list-style-type: none"> • Vary Your Fruits and Veggies • What Counts as 1 cup? • Maine Produce Season Availability • Focus on Fruits • Add More Vegetables to Your Day 	<p>Welcome: Generic vs. Brand Taste Test</p> <p>Activity 1: Cookbook Activity</p> <p>Activity 2: Standing Push-ups</p>	<ul style="list-style-type: none"> • Spunky Vegetable Pizza: cookbook pg. 28 • Vinaigrette Salad Dressing: cookbook pg. 46 • Peach Salsa: cookbook pg. 44 • Roasted Vegetables: cookbook pg. 38 • Fruit and Nut Slaw: cookbook pg. 34
3 MAKE HALF YOUR GRAINS WHOLE GRAINS	Encourage participants to eat more whole grains and fewer refined grains.	<ul style="list-style-type: none"> • Learn the key message of the Grains Group. • Learn the health benefits of eating whole grains as part of an overall healthy diet. • Identify strategies to add a variety of whole grains to meals and snacks. 	<ul style="list-style-type: none"> • Make Half Your Grains Whole Grains • MyPlate, MyWins: Meal Planning for One 	<p>Welcome: Whole Grain Tasting</p> <p>Activity 1: Identifying Whole Grains</p> <p>Activity 2: Standing Squats</p>	<ul style="list-style-type: none"> • Home Run Hummus Wrap: cookbook pg. 14 • Baked Tortilla Chips: cookbook pg. 42 • Barley, Bean and Corn Salad: cookbook pg. 16 • Barley Summer Salad: website • Breakfast Banana Split: website
4 VARY YOUR PROTEIN ROUTINE	Encourage participants to vary their protein food sources.	<ul style="list-style-type: none"> • Learn the key message of the Protein Group. • Learn the health benefits of eating a variety of protein foods as part of an overall healthy diet. • Identify strategies to vary protein food choices in meals and snacks. 	<ul style="list-style-type: none"> • Reduce your Sodium (salt) Intake: Tips for Using Herbs and Spices (instead of salt) • Vary Your Protein Routine • Know Your Fats 	<p>Welcome: Spice & Herb Taste Test</p> <p>Activity 1: Know Your Beans and Peas</p> <p>Activity 2: Air Writing</p>	<ul style="list-style-type: none"> • Pasta Salad: cookbook pg. 36 • Lentil Soup with Lime Juice: cookbook pg. 22 • Spinach and Chicken Italian: cookbook pg. 24 • Sunshine Roll-Ups: website; (garbanzo bean version): website • Mediterranean Tuna Salad: website