

NUTRITION EDUCATION LESSON CODE FG-000-06

MyPyramid: Simple Steps for Healthy Living

LESSON DESCRIPTION

In this video and activity lesson class participants will explore the different food groups in MyPyramid and discover simple steps they take to take to incorporate the MyPyramid food guidelines into their daily lives.

OBJECTIVES

After attending this class participants will be able to:

- State their estimated daily food group amounts.
- Name one change they plan to make to their dietary habits.

MATERIALS NEEDED

- *My Pyramid: Simple Steps for Healthy Living* in English, DVD or video, stock no. DV0039
- Computer with internet access (optional)

Handouts:

- *MyPyramid handout* stock no. 13-182 (sample attached) order additional copies using the *Texas WIC Materials Order Form*

Note about Lesson Survey Forms

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Please send in 30 *Participant Surveys* need to be completed. Please mail completed surveys to:

Delores Preece
Texas Department of State Health Services
Nutrition Services Section
1100 W. 49th St
Austin, TX 78756

NOTE TO THE INSTRUCTOR

Please read through the entire lesson prior to presenting it for the first time. If possible, go to the MyPyramid.gov website and see the features the website has available. The lesson includes materials for you to give participants their estimated calorie levels based on less than 30 minutes of exercise. Tell participants to check out the MyPyramid.gov website for a more detailed assessment.

ICEBREAKER

Ask each participant to say their name and one thing that they try to do each day to be healthy or eat healthy. (Examples: eat lots of fruits and vegetables, go walking etc.)

VIDEO INTRODUCTION

Say something like, **Between the changing news about what's good and bad, popular diet plans that come and go, and the busy lives we lead sometimes it can seem challenging to have a healthy lifestyle. Today we are going to watch a video about MyPyramid, a set of food guidelines developed by the USDA.**

To help participants focus and digest all of the information in the video do one of the following: Say something like, **During the video, listen for one new concept, idea or tip that you haven't heard before about MyPyramid. Be ready to share what you learned after the video. For example, you could tell us what the video says is the best type of grains to eat, or the best type of milk to drink or a new tip you saw in the video about how to eat more fruit.**

Or

Assign each member of the class a question from the list below and ask them to be ready to say the answer at the end of the video. (You don't have to assign all the questions.)

1. What are the healthiest types of grain to eat?
2. How can you tell if a grain is a whole grain?
3. Name some examples of whole grains.
4. State a tip to include more vegetables in your day.
5. Name one new way to include more fruits in your day.
6. What's better for you, fruit or fruit juice?
7. What is the best kind of milk to drink?
8. What are some other ways to get calcium if you don't like dairy products?
9. State a tip from the video to "go lean with protein."

Play the video

VIDEO DISCUSSION

1. The video included a lot of information about MyPyramid, was there anything new or different that surprised you about MyPyramid? Possible Answers:

- The amount of food and drink you should eat depends on your activity level, age and gender.
- It includes physical activity and has a guy climbing up the side.
- The information on oils.
- They use cups and ounces instead of servings.

For the questions 2-7 below the numbered question is the main question. The questions beneath it are to help elicit discussion about the topic and help the participant focus on the information in the video. **Ask at least 2 of the numbered questions.**

2. What was something new that you heard about the grain group? Follow up questions:

What are the healthiest types of grain to eat?

Whole grains. Try to make at least ½ your grains whole.

What are some examples of whole grains?

Oatmeal, whole wheat bread, whole-wheat tortillas, whole corn tortillas, popcorn.

How can you tell if your buying foods with whole grains?

Look for the word “**whole**” on the label. The best choices will list the whole grain as one of the first few ingredients and will have at least 3 grams of fiber.

TEACHING TIP

1. Pass around a loaf of whole wheat bread or a box of whole wheat crackers with 3 or more grams of fiber per serving so participants can see the label.
2. Pass around the WIC approved foods list to help them find additional foods containing whole grains.

3. What was something new that you heard about vegetables?

- Focus on eating a variety of colors.
- The amounts of the vegetables are in cups instead of servings.

What are some ways to try and get more vegetables into your day?

- Cook vegetables on the grill.
- Eat cut up vegetables for a snack instead of chips.

4. What do you remember hearing about the fruit group?

- Eat a variety of colors.
- Limit juice to 4-6 oz of 100% fruit juice per day.
- **Which is better for you a whole piece of fruit like an apple or fruit juice?**

Answer: A piece of fruit.

5. What is the healthiest type of milk for most people to drink?

Skim or fat free milk.

What are some other ways to get calcium if you don't like dairy products?

If you are lactose intolerant you can eat lactose free milk or hard cheeses. If you do not consume dairy products you can eat calcium-fortified foods and beverages such as calcium fortified juices or cereals.

6. What are some ways to “go lean with protein”?

- Remove fat and skin from meat.
- Limit high-fat wieners, lunchmeat and canned meat spreads.
- Bake, grill and broil instead of frying.
- Try beans or tofu instead.
- Use WIC beans.

MYPYRAMID ACTIVITY

- Handout the *MyPyramid* brochure (stock no. 13-182) and work together as a group to figure out step 1, how much is right for Sylvia. The correct answers are:

Calorie level	2000
Grains	6 ounces
Vegetables	2 ½ cups
Fruits	2 cups
Milk	3 cups
Meat and Beans	5 ½ ounces

- Divide the class into groups and **ask each group to come up with a suggestion for one of Sylvia's meals or work together as a large group.** Focus on easy changes to make. **The goal is show simple changes/substitutions not to make sure that Sylvia is meeting all of the guidelines perfectly.** If your short on time, just do one meal or stop after the class comes up with 3 or 4 suggestions. Examples might include:

Take a look at Sylvia's Food Choices From Yesterday	For Each Meal or Snack Use My Pyramid to Write One Suggestion that Improves Sylvia's Choices
Breakfast	
1 slice white bread with cheese spread	whole wheat bread
1 cup cereal with 4 ounces whole milk	whole grain cereal
1 sliced banana	low fat or fat free milk
1 hard boiled egg	
Lunch	
1 cup pasta with ½ cup of mixed vegetables	whole wheat pasta
8 ounces regular yogurt	low fat yogurt
Iced tea	
Snacks	
8 ounces fruit punch	100% fruit juice
4 saltine crackers with 1 tablespoon peanut butter	1 cup of raw celery with 1 tablespoon of peanut butter
1 hot dog wiener	
Dinner	
3 ounce fried chicken breast	grilled chicken breast
½ cup pinto beans	Add a salad
½ cup white rice	brown rice
2 flour tortillas	whole wheat tortillas
12 ounces orange soda	water
1 ½ cups ice cream	low fat ice cream or frozen yogurt
Activity	
Walked for 20 minutes at work	Add dancing in the living room for 10 minutes.

1. Next have participants fill in step 3 and write in how much is right for them for each of the food groups.
2. Tell the class something like, **The daily amounts on this handout are estimates and are based on less than 30 minutes of exercise. You can get a more personalized assessment at Mypyramid.gov.**
3. (Optional) Show them the website and the different activities available such as the MyPyramid Tracker and the MyPyramid Blast Off Game.

EVALUATION QUESTION

1. Summarize the class by saying something like, **Today we talked a lot about the food guide pyramid and simple changes that can make eating healthy easier. Which of the tips or ideas from the video or from the activity we did today seem like something that you might try at home or next time you go to the store?** Possible Answers:

- Try or buy whole grain tortillas, rice, pasta or cereal.
 - Eat raw vegetables, grill vegetables or add extra vegetables to pasta sauce.
 - Make a fruit salad or fruit smoothies.
 - Eat low fat yogurt.
 - Make a stir-fry with tofu or nuts instead of meat.
 - Break up exercise throughout the day.
 - Refill bottles of water and keep them cold in the fridge.
2. Ask them to write their idea down on the handout to take home with them.
 3. Thank participants for coming to the class.

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Staff Survey

LA# _____

Date _____

1. Was the lesson easy to read and follow?

Yes No

2. Did you like the video included with this lesson?

Yes No

3. Did you like the activity included with this lesson?

Yes No

4. What did you like best about this class?

5. What would make the class better?

6. How well did participants respond to the class? Participation was (check one)

Good Negative Indifferent

7. Do you plan to use this lesson again?

Yes No

Comments: _____

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Delores Preece
Texas Department of State Health Services
Nutrition Services Section
1100 W. 49th St
Austin, TX 78756

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Participant Survey

LA# _____

Date _____

1. My ethnic group is:

___ White

___ Asian

___ Hispanic

___ Native American

___ African American

___ Other

2. How much did you like this class?

A lot

A little

Not at all

3. What change do you plan to make to your eating habits?

4. What change do you plan to make to your activity level?

5. What is the most useful thing you learned from the class today?

6. What would make this class better for you?

7. Comments:

Thank you for your answers!