

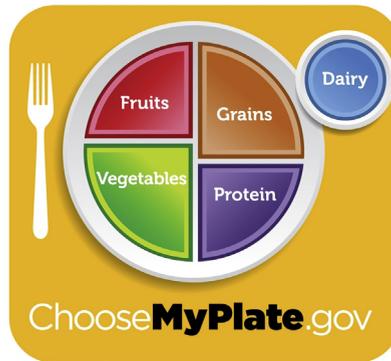
Bring Nutrition Education to Life in the Classroom with MyPlate

AS THE SUN-FILLED, BREEZY days of summer come to an end, it's time for teachers and students to make their way back to school. The start of a new school year is an exciting time for students. It's a new beginning with the promise of new friends and new experiences. And for registered dietitian nutritionists (RDNs), the new school year brings the opportunity to feed bright young minds and empower them to make healthy choices—choices that will help them grow into healthy adults and achieve the bright futures they deserve. RDNs who educate kids and teens give this gift every day, and at the US Department of Agriculture (USDA) we have a variety of resources (Figure) to hopefully make your job easier.

SUPERTRACKER NUTRITION LESSON PLANS FOR HIGH SCHOOL STUDENTS

At the USDA Center for Nutrition Policy and Promotion, we want students to find learning about nutrition to be as exciting as we do, so we recognize the importance of creating interactive, hands-on learning opportunities that empower them to think critically about their food and physical activity choices. That's what we had in mind when developing SuperTracker Nutrition Lesson Plans for High School Students.

This series of four lesson plans is designed to help students in grades 9-12 learn how to build a healthy diet using SuperTracker, USDA's free food,



physical activity, and weight tracking tool available at www.SuperTracker.usda.gov. Available on desktop, mobile, and tablet, SuperTracker brings nutrition education to life in the classroom.

SuperTracker Nutrition Lesson Plans for High School Students provide engaging opportunities for students to analyze their food intake and to discuss ways to make healthier choices. The

lesson plans are “stand-alone” topics, meaning they can be used out of sequence and individually. You can also use them as a starting point for customizing lesson plans that specifically meet the needs of your students. Each lesson includes preparation steps, learning objectives, teaching instructions, and a handout that students can complete to reflect on what they learned. The questions in the handouts typically do not have “right” or “wrong” answers. Rather, they are meant to inspire students to reflect on their individual dietary choices and identify areas for personal improvement. Each lesson is described briefly below, and all can be downloaded for free on ChooseMyPlate.gov at www.choosemyplate.gov/teachers.

- In Lesson 1: *Track Your Snack*, students learn how to choose a healthy snack and use SuperTracker's Food-A-Pedia feature to compare the food group, total calories, empty calories, and



SuperTracker Tablet Site.

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| Curriculum | Grade level | Description |
|--|--------------|---|
| SuperTracker Nutrition Lessons for High School Students | Grades 9-12 | Help high school students learn how to build a healthy diet using SuperTracker. Topics include selecting healthy snacks, finding personal recommendations for what and how much to eat, evaluating food selections, and building healthy meals. Each lesson includes learning objectives, detailed instructions, and accompanying resources and handouts. |
| Nutrition Voyage: The Quest to be Our Best | Grades 7-8 | Includes three mini-lessons per grade level as well as challenges, competitions, and other youth engagement strategies. |
| Serving Up MyPlate: A Yummy Curriculum | Grades 1-6 | Includes three lessons per grade level, three original songs, a poster, and a MyPlate at Home handout for parents (available in English, Spanish, traditional Chinese, and French). Plus, level three includes the MyPlate Blast Off game. |
| Dig In! Standards-based Nutrition Education from the Ground Up | Grades 5-6 | Includes 10 lessons that connect school gardens to MyPlate plus posters, student reproducibles, and a Dig In at Home handout for parents (available in English and Spanish). |
| The Great Garden Detective Adventure | Grades 3-4 | Includes 11 lessons that connect school gardens to MyPlate plus bulletin board materials, veggie dice, fruit and vegetable flash cards, and 10 issues of <i>Garden Detective News</i> for parents/caregivers. |
| Discover MyPlate: Nutrition Education for Kindergarten | Kindergarten | Includes six lessons, a teacher training booklet and slideshow, student workbooks, six emergent readers, an original song, poster, food cards, look-and-cook pictorial recipes, and parent handouts (available in English and Spanish). |

Figure. Nutrition education resources from the US Department of Agriculture’s Food, Nutrition, and Consumer Services.

sodium content of various snack foods.

- In Lesson 2: *What’s Your Plan?*, students create a SuperTracker profile to get a personalized plan and discover how many calories and food groups they need in a day.
- In Lesson 3: *Three-Day Food Record*, students enter their daily food selections for 3 days using SuperTracker’s Food Tracker feature and analyze their average intake of food groups and calories using the Food Groups & Calories Report.
- In Lesson 4: *Build Healthy Meals*, students plan a daily menu that meets all of their food group targets within their daily calorie allowance and compare the menu to their typical diet.

interactive teaching tools like activity sheets, videos, and songs.

In addition, USDA’s Food and Nutrition Service makes numerous

innovative nutrition education resources available under its Team Nutrition initiative. Lessons are connected to educational standards for

CLASSROOM RESOURCES FOR KINDERGARTEN THROUGH 8TH GRADE

If you are looking for teaching resources for younger children, go to www.ChooseMyPlate.gov/kids for nutrition education games such as the MyPlate Blast Off game and other



Discover MyPlate: Nutrition Education for Kindergarten Curriculum.

math, science, English, and health for elementary and secondary schools. Schools participating in the National School Lunch Program can get free printed materials, and anyone may download them from <http://teamn nutrition.usda.gov>. Resources include Nutrition Voyage: The Quest to be our Best (grades 7-8), Serving Up MyPlate: A Yummy Curriculum (grades 1-6), The Great Garden Detective Adventure (grades 3-4), Dig In! Standards-based Nutrition Education from the Ground Up (grades 5-6), and Discover MyPlate: Nutrition Education for Kindergarten.

FIND MORE AT CHOOSEMYPLATE.GOV

Check out our website for additional resources that can be used in schools. For example, the SuperTracker Worksite Wellness Toolkit can help you encourage healthy behaviors among school staff. Registered dietitian nutritionists working with the school system know that teachers, coaches, administrators, and foodservice professionals all serve as important role models for students when it comes to healthy eating. Find this and so much more at www.ChooseMyPlate.gov.