Teaching Families About MyPlate

Capstone Oral Defense for Megan Yates
My Project

- This presentation will be an overview of
  - Why is my project important.
  - What I did.
  - How my areas of emphasis connect with my project.
  - How the areas of emphasis tie together.
  - My evaluation of my project.
Introduction

- Eating food is a basic need to sustain life.
- How are we supposed to eat healthy if we do not know the basics of nutrition?
  - Teaching parents the basics of MyPlate, governmental guidelines that provide the building blocks to a healthy diet ([www.choosemyplate.gov](http://www.choosemyplate.gov)), will help parents make healthier choices for change in their families.
Areas of Emphasis

- Nutrition
- Child and Family Studies
- Health Promotion
Why is My Project Important?
What I Did

- YMCA Fall Festival
- October 30, 2015
- Responsible for an activity that would teach the basics of nutrition to Weber County families.
Preparation

- USDA Guidelines
- Created different activities for the children and adults.
MyPlate Children’s activity
Parents Presentation

- I created a presentation that taught parents the basics of MyPlate.
- The presentation included tips that helped parents implement the basics in their family.
- Scheduled every 30 minutes.
- Rolling presentation in-between the scheduled presentation.
Posters
Handout

Thank You for Joining Us!

YHCA’s Fall Festival is a free community event that allows you and your family to spend some time together.

Schedule
4:00-5:40 pm - Welcome & PMT Family Fun
5:00 pm - YHCA Fall Festival Begins
5:30, 6:00, 6:30, 7:00 & 7:30 pm - My State Lessons in Classroom J
5:30 pm - Costume Parade around the outside of the building
6:30 pm - Opportunity Drawing on Basketball Court
7:00 pm - End of Fall Festival

Make sure to get your tickets in the prize basket in the front lobby.

Thank you for coming!!! See you next year!

Have you heard of MyPlate?

MyPlate is the new food guide created by the USDA. It is designed to help you make healthier food choices and build a healthy plate. ChooseMyPlate.gov contains information on how to make a healthy, balanced diet.

ACTIVITY

White: Make a balanced meal with fruits and vegetables.
Blue: Write down all the healthy foods you eat in a day.
Orange: Select a food group and eat one serving.
Green: Label the food groups in the puzzle.

Answers:
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16.
Survey

Please answer the following questions after completing the activity and presentation.

1. I understand the recommendations for each food group.
   Agree Disagree
   
2. I can Name Multiple Healthy Foods from each food group.
   Agree Disagree
   
3. I can successfully talk with my children about MyPlate and making Healthy Choices.
   Agree Disagree
   
4. I learned something new during the activity or presentation.
   Agree Disagree
   
Please add any additional comments you have about the presentation and activity.

Thank you for you exemplary efforts keep up the good work

YMCA Fall Festival

- 5 pm-8pm
- Rough total of 410 guests.
- About 75% of guests stopped in my area.
- Children’s activity was a success.
- Presentation did not work.
  - I decided to change the main method of delivery.
Nutrition

- What is MyPlate?
- The USDA Define a healthy diet:
  - The diet consists of fruits, vegetables, whole grains, and fat-free or low-fat dairy products.
  - The diet consists of lean meats such as poultry, and fish and includes other sources of protein like eggs, bean, and nuts.
  - The diet is low in saturated fats, trans fats, cholesterol, added sugars and salt.
- USDA created MyPlate in 2011.
MyPlate
Focus on Fruits
Make Half Your Grains Whole
Go Lean with Protein
Get Your Calcium Rich Foods
Oils
Empty Calories

Choose fruits and vegetables over unhealthy fatty foods
Physical Activity
The Basics are Important
Child and Family Studies

- National Council on Family Relations (NCFR) produced the Family Life Education 10 content areas.
  - #1 Families and individuals in societal contexts.
  - #2 Internal dynamics of families.
  - #3 Human growth and development across the lifespan.
  - #4 Human sexuality.
  - #5 Interpersonal relationships.
  - #6 Family resource management.
  - #7 Parent education and guidance.
  - #8 Family law and public policy.
  - #9 Professional ethics and practice.
  - #10 Family life education methodology.
Health Promotion

- “process of empowering people to improve their health by providing educational, political, legislative, organizational, social, and community supports” (Sharma & Romas, 2012, p. 278).
- National Commission for Health Education Credentialing (NCHEC) Areas of Responsibility as a guide in planning and implementing my project.
NCHEC Areas of Responsibility

- Area 1: assess needs, resources, and capacity for health education/promotion.
- Area 2: plan health education/promotion.
- Area 3: implement health education/promotion.
- Area 4: conduct evaluation and research related to health education/promotion.
- Area 5: administer and manage health education/promotion.
- Area 6: serve as a health education/promotion resource person.
- Area 7: communicate, promote, and advocate for health, health education/promotion, and the profession.

http://www.nchec.org/assets/2251/hespa_sub-competencies_color_coded_33.pdf
How Do All My Areas Connect

- Nutrition: Content
- Child and Family Studies: Population
- Health Promotion: Methods
Evaluation

- 100% of participants that took the survey stated they could name examples from each food group, and could go home and talk with their families about MyPlate.
- I only had one person say s/he did not learn something new.
- I feel the children’s MyPlate activity was a success.
- The informal conversation with the adults was a success.
Conclusion

- Overall I am very happy with how my project turned out.
- I am glad I was able to make an impact on families in Weber County and teach them about MyPlate.
References

- www.choosemyplate.gov
- http://www.nchec.org/assets/2251/hespa_sub-competencies_color_coded_33.pdf)