



# 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.

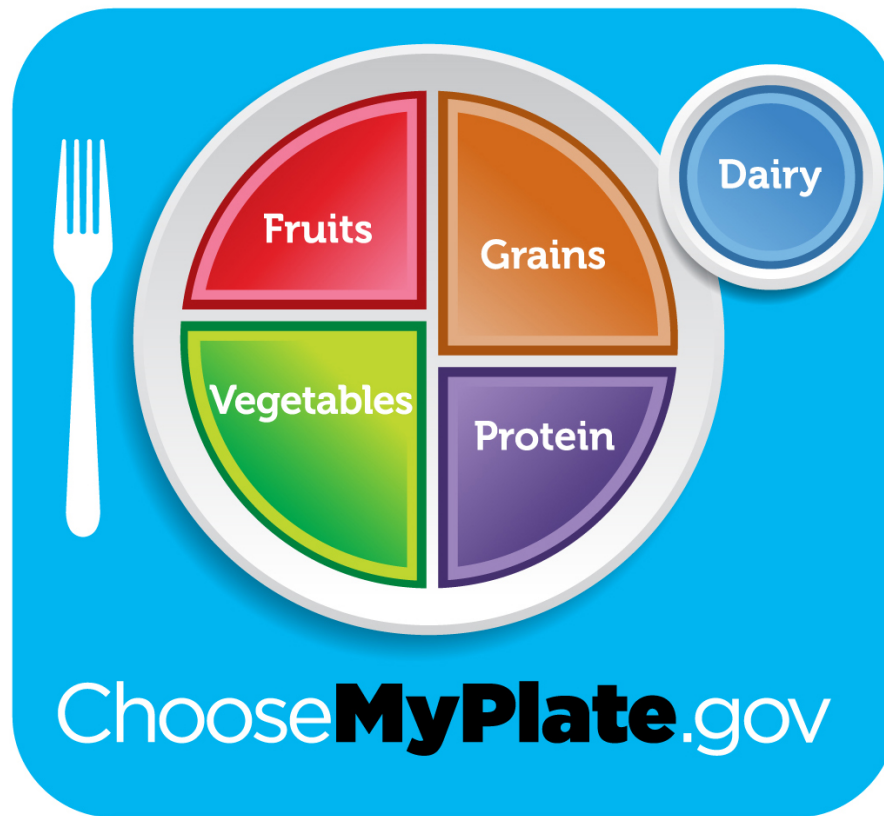
# Areas of Emphasis

- 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.



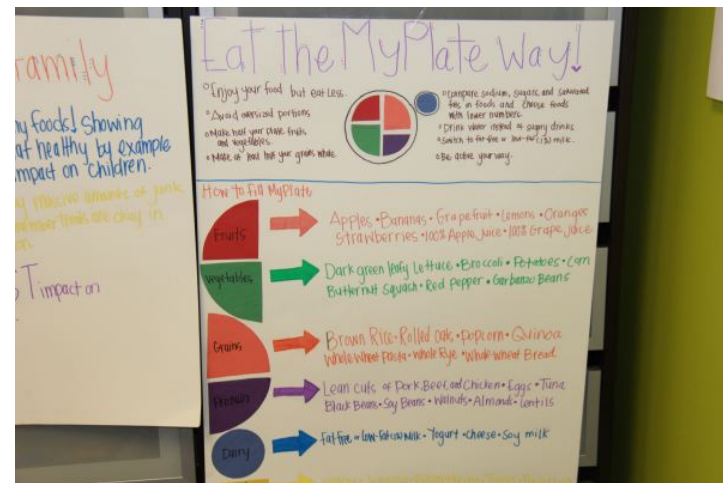
# MyPlate Children's activity



# 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!**

YMCA's Fall Festival is a free community event that aims to provide a fun evening for families to spend some time together.



**Schedule**

4:30-5:30 pm - Lincoln PTA Trunk or Treat

5:00 pm - YMCA Fall Festival Begins

5:30, 6:00, 6:30, 7:00 & 7:30 pm - My Plate Lessons in Classroom 2

5:30 pm - Costume Parade around the outside of the building

6:30 pm - Opportunity Drawing on Basketball Court

8:00 pm - End of Fall Festival

Make sure to get put your tickets in the prize buckets in the front lobby!

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

**Have you heard of MyPlate?**


MyPlate is a tool to help you create healthy, yummy meals.

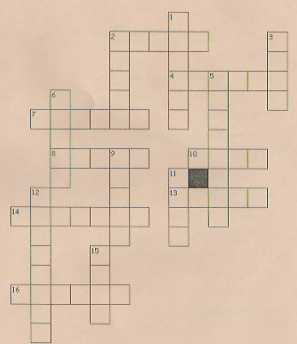
MyPlate is broken up into five areas: Fruits, Vegetables, Grains, Protein and Dairy. A complete balanced meal should have all the food groups. Here are some easy rules you and your family can follow when making a meal together.

- Fruits: Make a half your plate fruits and vegetables
- Vegetables: Make half your plate fruits and vegetables
- Grains: Make at least half your grains whole grains
- Protein: Vary your proteins. Try beans, peas, nuts, soy, and seafood
- Dairy: Switch to fat-free or low-fat milk (1%)

**ACTIVITY**

Match the correct food to it's place on the plate by drawing a line from the food image to the plate.





**Across**

2. Use Whole-wheat \_\_\_\_ for your sandwich.

4. \_\_\_\_ can be eaten with peanut butter for a healthy snack.

7. Cheddar, Swiss, and Mozzarella are examples of \_\_\_\_.

8. Salads include \_\_\_\_ greens.

10. A great source of calcium.

13. Pasta is an example of a \_\_\_\_.

14. Fish, Turkey, Chicken and Eggs are all examples of \_\_\_\_.

16. Dairy product that can be mixed with granola and fruit.

**Down**

1. A yellow fruit.

2. Black, pinto, and kidney \_\_\_\_ are good sources of fiber.

3. Salmon and trout are examples of \_\_\_\_.

5. Everyone needs 60 minutes of \_\_\_\_ activity per day.

6. Make half your grains \_\_\_\_.

9. Strawberries, oranges and grapes are examples of \_\_\_\_.

11. A source of protein that can be scrambled, fried, or hard-boiled.

12. A dark green vegetable.



# Survey

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

Agree Disagree

1. I understand the recommendations for each food group.

☒ A ☐ D

2. I can Name Multiple Healthy Foods from each food group.

☒ A ☐ D

3. I can successfully talk with my children about MyPlate and making Healthy Choices.

☒ A ☐ D

4. I learned something new during the activity or presentation.

☒ A ☐ D

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

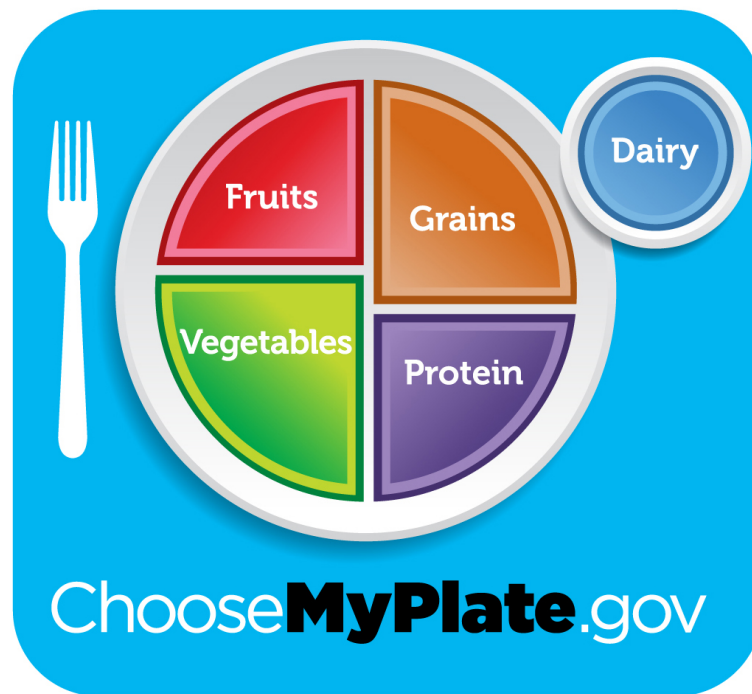
- 5 pm-8pm
- Rough total of 410 guests.
- About 75% of guests stopped in my area.
- Children's activity was a success.
- Presentation did not work.
  - I decided to change the main method of delivery.



# 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



# Vary Your Vegetables





# Make Half Your Grains Whole



# Go Lean with Protein



# Get Your Calcium Rich Foods





# Oils



# Empty Calories



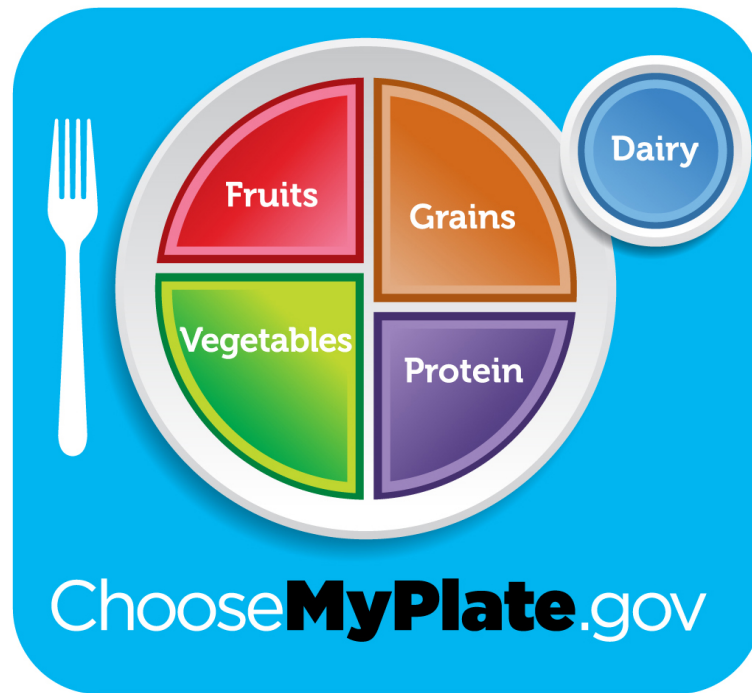
Choose fruits and vegetables  
over unhealthy fatty foods



# 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.nchech.org/assets/2251/hespa\\_sub-competencies\\_color\\_coded\\_33.pdf](http://www.nchech.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.choosemyplate.gov)
- Sharma, M. & Romas, J. A. (2012). Theoretical Foundations of Health Education and Health Promotion. Sudbury, MA: Jones & Barlet Learning.
- [http://www.nchec.org/assets/2251/hespa\\_sub-competencies\\_color\\_coded\\_33.pdf](http://www.nchec.org/assets/2251/hespa_sub-competencies_color_coded_33.pdf)