



Eating HEART HEALTHY

Seafood In Schools

Lesson Plan: Healthy Eating with MyPlate



**SEAFOOD
NUTRITION
PARTNERSHIP**

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Learning Objectives

Following this lesson, students will be able to:

- Identify and define key nutrients.
- Understand MyPlate and describe the health and nutritional benefits of the five food groups.
- Choose healthy food options from each food group to meet daily nutrient and caloric needs.





A Healthy Diet = Fuel for Success





Healthy Eating = Healthy Nutrients

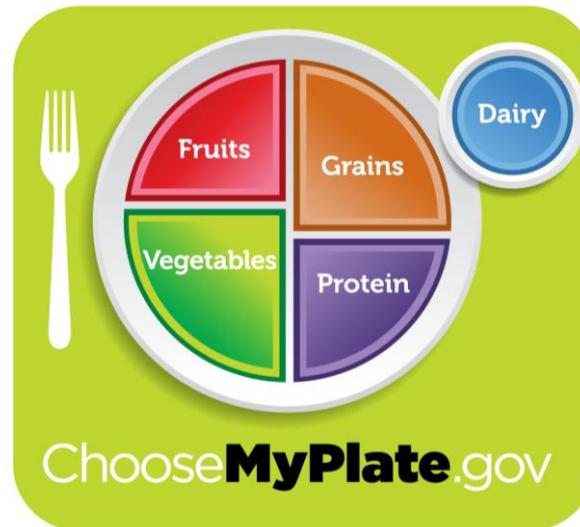
Key nutrients received from eating healthy meals:

- **Calcium** - used for building bones and teeth and in maintaining bone mass.
- **Fiber** - important for proper bowel function. It helps reduce constipation and helps provide a feeling of fullness with fewer calories.
- **Folate (folic acid), a B vitamin** - helps the body form red blood cells.
- **Iron** - used to carry oxygen in the blood.
- **Magnesium** - a mineral used in building bones and releasing energy from muscles.
- **Vitamin A** - keeps eyes and skin healthy and helps to protect against infections.
- **B vitamins (thiamin, riboflavin, niacin)** - essential for a healthy nervous system.
- **Vitamin C** - helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.
- **Vitamin D** - functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones.
- **Selenium** - important for a healthy immune system.





Choose Healthy Meals and Beverages



MyPlate provides the template to build healthy nutrition habits for a lifetime. Everything you eat and drink matters. The right balance can help you be healthier now and in the future.





Let's review the food groups!

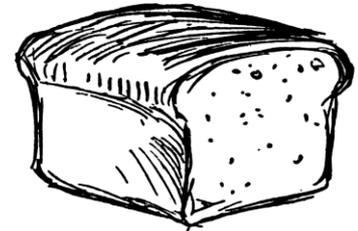
Fruits



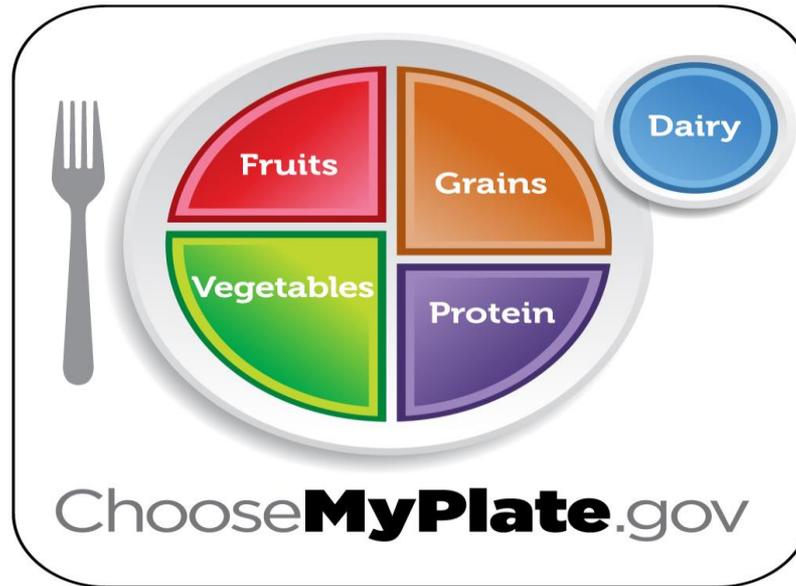
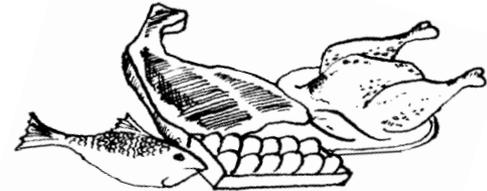
Vegetables



Grains



Protein



Dairy





Health & Nutritional Benefits

- Most fruits are naturally low in fat, sodium, and calories.
- Fruits are sources of many essential nutrients, including potassium, dietary fiber, vitamin C, and folate.

Eating fruits may help with the following:

- Reduce blood cholesterol levels.
- Reduce risk for heart disease, including heart attack and stroke, obesity, and type 2 diabetes.
- Protect against certain types of cancers.

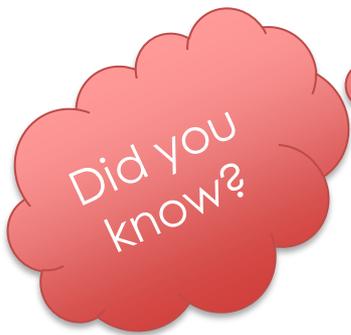
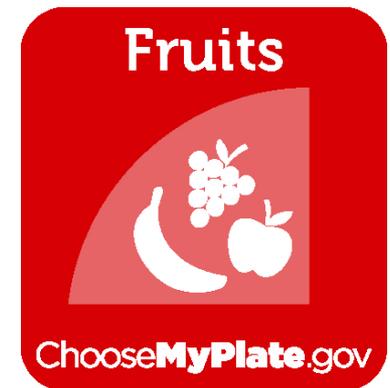




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List 2-3 of your favorite fruits...



Whole fruits include fresh, frozen, dried, and canned options. Choose whole fruits more often than 100% fruit juice.



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Health & Nutritional Benefits

- Most vegetables are naturally low in fat and calories.
Note: Sauces or seasonings may add fat, calories, and/or cholesterol.
- Vegetables are great sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C.

Eating vegetables may help with the following:

- Reduce risk for heart disease, including heart attack and stroke, obesity, and type 2 diabetes.
- Reduce blood cholesterol levels.
- Protect against certain types of cancers.





Vegetable Subgroups

Vegetables are divided into five subgroups:

1. Dark-Green Vegetables,
2. Red and Orange Vegetables,
3. Legumes (beans and peas),
4. Starchy Vegetables, and
5. Other Vegetables



Choose vegetables from all subgroups.





List one vegetable from each of the five subgroups:

Dark-Green _____

Red/Orange _____

Legumes _____

Starchy _____

Other _____





Activity #1

Fruit & Vegetable Word Puzzle

Answer Key



Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| B | F | S | E | A | Y | A | P | A | P |
| R | C | Q | L | S | R | P | E | A | R |
| O | H | U | P | B | A | N | A | N | A |
| C | P | A | P | Y | R | E | L | E | C |
| C | S | S | A | Y | A | M | S | T | E |
| O | A | H | E | G | N | A | R | O | K |
| L | E | C | A | R | R | O | T | S | I |
| I | P | G | R | A | P | E | S | K | W |
| B | E | G | G | P | L | A | N | T | I |

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)





Health & Nutritional Benefits

Grains include whole grains and refined, enriched grains. Choose whole grains more often.

Grains are important sources of many nutrients, including:

- Dietary fiber,
- Several B vitamins (thiamin, riboflavin, niacin, and folate), and
- Minerals (iron, magnesium, and selenium)

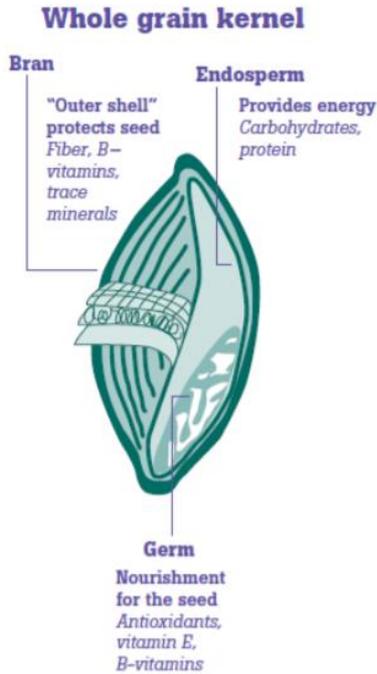
Eating grains may help with the following:

- Reduce the risk of heart disease
- Reduce constipation
- Weight management



Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.



Some Examples of Whole Grains:

- brown rice 
- buckwheat
- bulgur (cracked wheat)
- oatmeal 
- popcorn 
- whole-wheat cereal
- muesli
- whole-grain barley 
- whole-grain cornmeal
- whole rye
- whole-wheat bread 
- whole-wheat crackers
- whole-wheat pasta
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas
- wild rice 
- whole cornmeal
- shredded wheat cereal

Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.



Protein Sources

There are two types of protein sources:

- Animal-based
 - meat, poultry, seafood
- Plant-based
 - dry beans and legumes, nuts, seeds, soy products





Health & Nutritional Benefits

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These foods not only include proteins, they also include B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Note: Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).





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Name 2-3 foods you typically eat that are sources of protein.





Pop Quiz

Legumes belong to what 2 food groups?

- A. Fruits & Vegetables
- B. Fruits & Protein
- C. Vegetables & Protein
- D. Fruits & Grains
- E. Vegetables & Grains





Health & Nutritional Benefits

Dairy includes milk, yogurt, cheese, and calcium-fortified soy beverages (soymilk). Choose fat-free (skim) and low fat (1%) dairy foods.

- Dairy products are the primary source of calcium.
- Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient.
- Low-fat or fat-free forms provide little or no solid fat.

Eating dairy products may help with the following:

- Bone health
- Reduced risk of cardiovascular disease and type 2 diabetes





List 2 dairy products that come to mind and circle the one you eat the most...





What types of foods do you see below?



How many times per week do you eat the following items?

- Never
- 1-2 times per week
- 3-6 time per week
- Everyday

Is it healthy to eat these food items on a regular basis?

- Yes
- No
- I'm don't know





10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!
Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

8 freeze your fruit

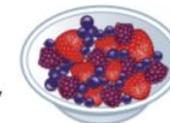
For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.





Let's put it all together!

Activity #2

MyPlate Crossword Puzzle

Answer Key



MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

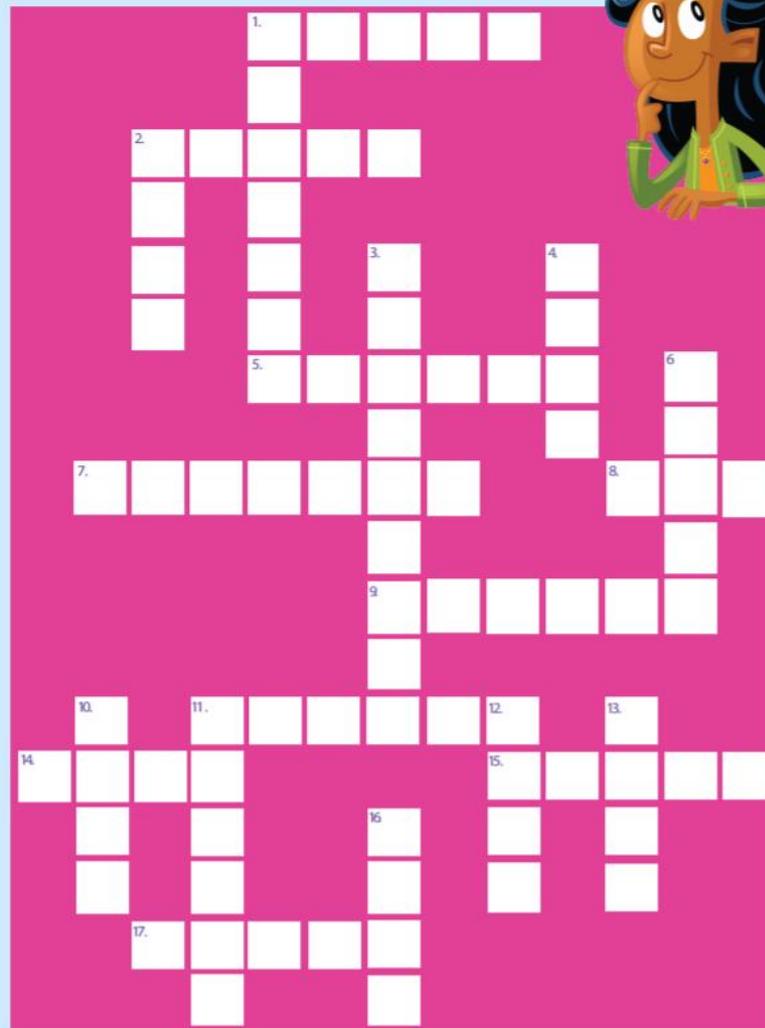


Across

1. Use the My _____ as a guide.
2. Apples, oranges, and bananas fit into this food group.
5. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
7. _____ are an orange vegetable.
8. Try fat-free or low _____ foods when you can.
9. Use whole-grain _____ for your sandwiches.
11. Cheddar, swiss, mozzarella, monterey jack are examples.
14. Fits into the grains group of MyPlate. Goes great with stir-fry.
15. MyPlate is a _____ to help you eat a variety of foods for a healthy body.
17. Spaghetti is a type of _____.

Down

1. Chicken and turkey are examples of _____.
2. Eat a variety of _____ from all of the groups.
3. Broccoli and green beans are examples of a _____.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
6. Pinto, kidney, black, refried - there are lots of different kinds and they can be eaten lots of different ways.
10. Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
11. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
12. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
13. Salmon and trout are examples of _____.
16. Lean _____ is an excellent source of protein, iron, and zinc.





You Did It!

You've completed the
Healthy Eating with MyPlate Lesson!





Optional Homework Assignments

- Weekly Lunch Menu
- MyPlate Calculator and Daily Checklist





Homework Assignment #1

- Create a 5 day lunch menu that includes healthy options from all 5 food groups.
- Remember to include the following:
 - Make half of your plate fruits and vegetables. Don't forget to select vegetables from all of the subgroups!
 - Make half of your grains whole grains.
 - Try low-fat or fat-free milk or yogurt as a dairy option.
 - Vary your protein options – including seafood at least 2 times in the week.





Food Group Examples

| | |
|------------|---|
| FRUITS | Apple, grapefruit, blueberries, watermelon, cantaloupe, plum, banana, kiwi fruit, grapes, papaya, orange, 100% fruit juice, raisins, strawberries |
| VEGETABLES | Dark-Green (broccoli, spinach, kale, bok choy, collard greens, romaine lettuce); Red and Orange (tomato, carrots, sweet potato, red pepper, butternut squash); Beans and Peas (black beans, pinto beans, soybeans, lentils, split peas); Starchy (potatoes, corn, green peas, plantains); Other (avocado, beets, okra, asparagus, mushrooms, celery) |
| GRAINS | Whole Grains (whole-wheat breads, pastas, and tortillas; whole-grain or whole-wheat crackers; popcorn; oatmeal; brown rice; and whole-wheat breakfast cereal); refined grains (white breads and rolls, flour tortillas, white rice, cornbread, and most pretzels, crackers, cookies, and noodles) |
| PROTEIN | Meats (lean beef, pork, lamb), poultry (chicken, turkey), eggs, beans and peas (black beans, falafel), processed soy products (veggie burgers, tofu), nuts and seeds (almonds, cashews, sesame seeds, peanut butter), seafood (cod, shrimp, salmon, tuna) |
| DAIRY | Milk (fat-free, low-fat, flavored, lactose-free), cheese (string cheese, cheddar, cottage cheese, mozzarella), yogurt, calcium-fortified soy milk |

My 5-Day Dinner Menu Planner

Name: _____

Date: _____

| | Food Group | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-------------------|---|-------|-------|-------|-------|-------|
| FRUITS |  | | | | | |
| VEGETABLES |  | | | | | |
| GRAINS |  | | | | | |
| PROTEIN |  | | | | | |
| DAIRY |  | | | | | |



Homework Assignment #2

Step 1: Have students access the [MyPlate Checklist Calculator](#)

Step 2: Students will use the calculator to receive their daily food plan

Step 3: Once the calculation is complete, students should follow the link to their MyPlate Daily Checklist

Step 4: Instruct students to track their foods for a day and write a paragraph about their MyPlate, MyWins.

Optional: Ask students to share their daily MyPlate, MyWins in class.





We value your feedback!

Please take a moment
to complete the online survey.

Below is a survey link for students and a separate link for the instructor.

[Student Survey](#)

[Instructor Survey](#)

