

# Curriculum Overview

## MyPlate in Practice

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### Core Components

#### Objectives

*MyPlate in Practice* introduces basic nutrition concepts and encourages physical activity and healthy eating using the Experiential Learning Model. Lesson-specific objectives are found at the beginning of each lesson. Objectives describe what students should know and be able to do after each lesson.

*MyPlate in Practice* key behavioral outcomes include:

- Make half your plate fruits and vegetables, eat whole grains, and switch to fat-free or low-fat milk products, and eat lean protein.
- Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle and preventive disease strategies.
- Lower consumption of foods high in sugar and salt.

#### Theoretical framework

MIP was developed based on Social Cognitive Theory and the Experiential Learning Model. Lessons focus on themes related to healthy eating and physical activity. Each lesson applies interactive activities and discussions that apply learning to the real world experience. The program focuses on increasing exposure to fruits, vegetables, whole grains, low-fat dairy; and limiting sugar through activities, demonstrations and tastings. Newsletter communication provides families with ideas and tools to increase access and consumption of these foods through tips on shopping, engagement of children in family meals and access to low-cost recipes that are child-tested.

#### Setting & target audience

MIP lessons and activities target 3<sup>rd</sup> grade elementary school-aged children. Setting not specified.

#### Number and duration of lessons

There are seven lessons with a recommended time frame of 60 minutes each. Lessons 1-6 must be taught for curriculum fidelity; lesson 7 is optional.

## Recommended pacing

Suggested time frames for each part of the lesson are outlined in each lesson’s teaching outline. Frequency of lesson delivery is not specified. Best practice is to teach lessons one week apart.

## Instructional order & strategies

Lessons 1-6 must be taught in order. Each of these 60-minute lessons gives acceptable adaptations for time (options for activities). Lesson 7 is optional and addresses hidden fat in snack foods and presents a game platform for a review of lesson objectives and time for a post survey.

Each lesson includes: 1) Preparation Outline 2) Teaching Outline 3) Lesson Materials

- **Preparation Outline:** Includes lesson objectives, a list of equipment, handouts, teaching supplies and food supplies along with educator notes about specific lessons
- **Teaching Outline:** “Semi-scripted” outline providing estimated amount of time it takes to deliver each section. “Optional” sections may be omitted if less time is available to deliver the lesson and still maintain curriculum fidelity
- **Lesson Materials:** a copy of lesson specific parent newsletters in both English and Spanish, educator copy of student worksheets, handouts, lesson specific materials and recipes

## MyPlate in Practice – Grade 3 Lessons

Lesson	Title	Duration
1	Hand Washing & Introduction to MyPlate	60 Minutes
2	Grains – Are yours Whole Grains?	60 Minutes
3	Fruits – What Is Your Beverage Choice?	60 Minutes
4	Vegetables – Parts of a Plant	60 Minutes
5	Dairy – Do You Wear a Moo-stache?	60 Minutes
6	Protein – How Lean Is Your Protein?	60 Minutes
*7	MyPlate Revisited & Graduation	60 Minutes

\*Lesson 7 is optional.

## Core Activities

Each lesson includes core activities, which directly reinforce the lesson objectives. All core activities are required. In addition, there is a food tasting activity for most lessons. Please do as many food activities as time, facilities and budget will allow.

## Optional Activities

Optional activities are included for each lesson. Once core activities and food activities have been completed, optional activities may be added as time allows. Some lessons offer two options of activities depending on circumstances (i.e. Lesson 6 being last lesson instead of lesson 7) please refer to educator notes of individual lesson and choose accordingly.

## Materials

Each lesson includes a list of equipment, supplies and student handouts. We recommend that you review materials needed and prepare teaching tools for the series you will teach. Allow adequate staff time to prepare for the series. The authors included a MIP Vendor Resource List including information and options regarding where to order lesson materials.

## Training

- ✓ Review curriculum overview.
- ✓ Review teachers guide and materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach a Read for Health lesson (if possible)

## Recipes

A food activity is included with each lessons. Educators are encouraged to use food activity/recipes provided in the curriculum. Food activities and recipes should always support core content of lessons. Other recommended recipe resources include:

- <https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes>
- <http://growhappykids.org/>
- <https://cfacaa.human.cornell.edu/dns.fnec/files/resources/4HRecipeBookFinal.pdf>
- <http://www.foodhero.org/>
- <https://spendsmart.extension.iastate.edu/recipes/>

## Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Including all required components of each lesson
- Using program materials
- Adhering to recommended pacing
- Keeping the program's instructional order
- Utilizing the program 'routines'
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

## **Making adjustments while delivering with fidelity**

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.<sup>1</sup>
- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for students to engage and ask questions, and provide answers.
- Select different recipe.

## **Evaluation**

Check with your supervisor for required evaluation tool and current evaluation protocol.

## **Link to curriculum:**

[wasnap-ed.org/curriculum/myplate-inpractice/](https://wasnap-ed.org/curriculum/myplate-inpractice/)

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<sup>1</sup> Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.