



Staff Name \_\_\_\_\_

**Key Message review**

1. Using the curriculum and evaluation tools. Please complete the charts below.

**MYPLATE**

| MyPlate Food Group                        | Key Messages/Consumer Messages for the food group  | Evaluation tool used/questions being addressed | How can the key message(s) be explained to participants?  | How can the key message(s) be explained to children?   |
|---|--|--|---|--|
| <p><b>SAMPLE:</b><br/>What is MyPlate</p> | <p>An icon that helps consumers choose healthy foods from each food group and correct portion sizes.</p> | <p>N/A</p>                                     | <p>MyPlate uses the same information from MyPyramid. There are 5 main food groups. The plate helps us know how much we should eat from each food group, every day. What is the first thing you notice about the MyPlate? <i>1/2 of your plate should be fruits and vegetables....</i></p> | <p>Using the MyPlate model ask, "How many of you have seen this before?" "Can you tell me what it is?" ...take answers. Ask can you guys say "This is MY PLATE?" (kids repeat), "Great! This is your plate and it's my plate too. MyPlate tells us what foods we need to eat everyday...Can you guys help me figure out what foods we need to eat everyday?" Begin breaking down the "color" food groups one by one.</p> |

|            |  |  |  |  |  |
|------------|--|--|--|--|--|
| Fruits     |  |  |  |  |  |
| Vegetables |  |  |  |  |  |
| Grains     |  |  |  |  |  |
| Protein    |  |  |  |  |  |
| Dairy      |  |  |  |  |  |

## EATING SMART BEING ACTIVE

| Eating Smart, Being Active (ESBA) | Key Messages/Consumer Messages for the food group | Evaluation tool used/questions being addressed | How can the key message(s) be explained to participants? |
|-----------------------------------|---|--|--|
| Fruits & Veggies: Half Your Plate |   |  |  |
| Get Moving!                       |   |  |  |
| Plan, Shop, Save                  |   |  |  |
| Half Your Grains                  |   |  |  |
| Build Strong Bones                |   |  |  |
| Go Lean Protein                   |   |  |  |

|               |  |  |  |  |
|---------------|--|--|--|--|
| Make A Change |  |  |  |  |
| Celebrate     |  |  |  |  |

# PLAN, SHOP, SAVE & COOK

| Plan, Shop, Save & Cook Lesson Name | Key Messages/Topics covered in that lesson | How can the key message be explained to participants? |
|-------------------------------------|--|---|
| Planning Meals                      |  |   |
| Food Labels                         |  |   |
| Saving Money                        |  |   |
| Menu Planning                       |  |   |

# **EAT SMART, LIVE STRONG**

| <b>Eat Smart, Live Strong Lesson Name</b> | <b>Key Messages/Topics covered in that lesson</b> | <b>How can the key message be explained to participants?</b> |
|---|---|--|
| Reach Your Goals, Step by Step            |   |  |
| Challenges and Solutions                  |   |  |
| Colorful and Classic Favorites            |   |  |
| Eat Smart, Spend Less                     |   |  |