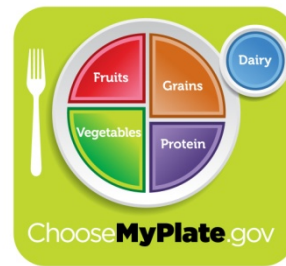
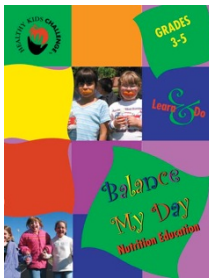
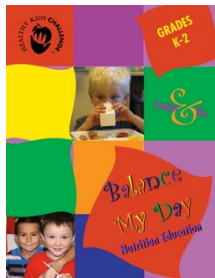


MyPlate and Healthy Kids Challenge K-2 and 3-5 Balance My Day™ Curriculum



Because the K-2 and 3-5 books were in print before USDA announced the new MyPlate icon in June, 2011, HKC could not include MyPlate in those two curriculums. Our focus was to meet all the CDC HECAT standards for nutrition education curriculum.

Balance My Day Lessons K2 and 3-5 – Add a MyPlate activity

Kids can create a healthy plate for one meal for themselves using healthy choices and key points explained in the activities in each lesson. It is like adding another measure or assessment tool and teachers are loving using both together!

Read on regarding how nicely the two go together, with the support of USDA

Using MyPyramid and MyPlate...a USDA quote

Kevin Concannon, MSW, USDA Undersecretary for Food, Nutrition and Consumer Sciences discussed how the new MyPlate and 2010 Dietary Guidelines affect nutrition education, consumers and the food industry.

Concannon said that educational materials based on MyPyramid can still be used in conjunction with the new MyPlate icon. The information about what and how much to eat has not changed: both MyPyramid and MyPlate are illustrations based upon the same food groups and quantity recommendations.

The ChooseMyPlate.gov Web site contains much of the same information that was available on MyPyramid.gov. Note that some sections of the Web site have been updated to reflect the 2010 Dietary Guidelines, and other sections continue to be updated.

If you've been wondering how to teach nutrition using MyPlate instead of MyPyramid, you are not alone. Nutrition educators are asking if they can use MyPlate along with their existing MyPyramid educational materials.

The answer is YES! A large number of educational materials based on MyPyramid are available and in use. Continue to use any lessons or materials you have found to be good teaching tools for your audience. These materials can be used in conjunction with the new MyPlate icon.

Here's why

- The information about what and how much to eat has not changed—both MyPyramid and MyPlate are illustrations that are based on the same food groups and recommendations about what and how much to eat.
- The ChooseMyPlate.gov website contains much of the same information that was available on MyPyramid.gov. Note that some sections of the website have been updated to reflect the 2010 Dietary Guidelines, and other sections continue to be updated.

Using MyPyramid and MyPlate....a USDA Quote

When asked about what materials to use, **Jackie Haven, MS, RD, Director of Communications and Marketing, USDA** statements included the following quotes:

- “You should use MyPyramid materials, there's nothing wrong with them.”
- “...there is great coordination between the two (MyPlate and MyPyramid).”
- “Continue to use MyPyramid...Existing materials are still the bedrock of the campaign. MyPlate just gives them a fresh new look.”

If you are wondering how to use MyPlate, here are a few tips

MyPlate is an icon meant to be a cue for healthy eating

MyPlate is a great visual tool and can be used to generate interest and prompt your audience to think about what they actually put on their plate. Use it with the same MyPyramid healthy messages.



Keep in mind there is a need to help people translate it to all eating occasions. For example, you might have a larger plate for dinner, a smaller plate for a snack, or even a bowl for breakfast. The overall message is about the entire day, balancing the food groups with variety. Try not to take the "plate" too literally. It's just a symbol.

Testimonials

1. The Balance My Day curriculum is exactly what our school was looking for. It contains lesson plans that are easy to teach from and easily retained by the students. The content is interdisciplinary and had a scientific approach that helped the students grasp the concepts. I also enjoyed the activities that went along with the lesson plans. The idea of giving the students wiggle and move activities to engage them was terrific!

I look forward to using the program again this year. Thank you for providing an easy to teach and balanced nutritional program!

Health Instructor, Trinity School of Frederick, Maryland

2. Balance My Day Curriculum is THE most comprehensive and realistic nutrition education curriculum I've seen in my 25 years of practicing nutrition education. This guide is a thorough, easy-to-use tool that RDs, nutrition educators, foodservice personnel, teachers, administrators and parents will benefit from. I appreciate that there are kid's activities, fitness activities, bulletin board ideas and lesson plans all wrapped up in one book.

Registered Dietitian and Community Educator, Arkansas