

WIC FACTS Newsletter

Lesson Plan

PLANNING HEALTHY MEALS

(Based on the “Be Wise about your Portion Size” campaign)

January 2006

Materials needed:

“Here’s an Easy Way to Plan Healthy Meals” placemat/poster, which is serving as the January 2006 “WIC Facts” client newsletter. (These placemats were directly shipped to local WIC agencies from the printer.)

Objectives:

1. The participant lists the components of a healthy meal (Meat & Beans; Grains; Fruits; Vegetables; and Milk, Yogurt or Cheese).
2. The participant acknowledges that about ½ of the plate should contain fruits and vegetables.
3. The participant lists three examples of portion sizes using the “Here’s an Easy Way to Plan Healthy Meals” placemat/poster. (Examples of portion sizes: one slice of bread, ½ cantaloupe, ½ of a chicken breast, ½ cup cooked beans, ½ of a small bagel, small roll, ½ cup cooked pasta, 1 apple). Also for this objective, refer to pages 57-58 of the “Be Wise” Resource Manual for 2 hand-outs that contain a daily food guide and a guide to portion sizes. (Black and white versions are on pages 59-60.)
4. The participant lists two nutrition practices that help them have a healthy meal. (For example, eat a variety of healthy foods. Have more fruits and vegetables. Eat smaller portion sizes. Eat less fats and sugars.)

Concepts:

Eating a nutritious diet is important to promote good health and reduce the risk of major chronic diseases.

Key Points:

1. People need to eat a healthy diet and a variety of healthy foods.
2. About half of the plate should contain fruits and vegetables.
3. People need to be aware of their food portion sizes.
4. Most of the daily fat intake should come from vegetable oils that are found in liquid vegetable oil, margarine with zero trans fat, light mayonnaise, and light salad dressing.
5. Solid fats and sweets should be limited.

Learning Activities:

1. Pre-test.
2. Discuss the fact that nutrition is important to promote good health and reduce the risk of major chronic diseases.
3. Show the placemat/poster. Ask participants to identify the food groups. As an activity for the children, you can print out and photocopy the camera-ready version of the Healthy Meals Coloring Sheet, and ask the children in the group to color it. You can display their finished work on your bulletin board. Coloring

- sheet is at: www.doh.state.fl.us/family/WIC/index.html. At this site, under the **Nutrition Information** column, click on “Be Wise about your Portion Size” campaign. This will take you to the site that contains the “**Coloring Sheet.**”
4. Ask the participants to tell you about how much food from each food group they should put on their own plates at mealtime; for example, at the dinner or lunch meal. Refer to pages 57-58 of the “Be Wise” Resource Manual for 2 hand-outs that contain a daily food guide and a guide to portion sizes. (Black and white versions of these are on pages 59-60.)
 5. Ask the participants to guess how many peas are in a half cup. Take a bag of frozen peas and pour the amount of peas that will fit into a half cup. Then count the number of peas. Give a “Be Wise about your Portion Size” sticker to the winner. Or, if you are able to laminate a “Healthy Meals” placemat/poster, you can give the laminated placemat as a prize.
 6. Ask the participant how they can improve their diet using the food groups on the placemat/poster.
 7. Post-test.

References:

1. Bobroff, Linda, The Role of Portion Sizes in the Development of Overweight and Obesity. Be Wise about Your Portion Size. The Florida Interagency Food and Nutrition Committee, 2005.
2. Dietary Guidelines for Americans 2005 –U.S. Department of Human Services. U.S. Department of Agriculture, Executive Summary. Be Wise about Your Portion Size. The Florida Interagency Food and Nutrition Committee, 2005.
3. Florida Nutrition Training Guide. Basic Nutrition Module. Florida Department of Health, Revised November 2001, pages 75 – 84.