



Presenter Guide

<h3>Lesson 2</h3> <h2>Dietary Guidelines & MyPyramid: Finding Your Way to a Healthier You</h2>	
<p>Objectives: (Purpose of Lesson)</p>	<p>Participants will be able to identify messages for a healthy lifestyle, outlined in the 2005 Dietary Guidelines.</p> <p>Participants will be able to identify diseases related to diet and lifestyle and relate the use of the Dietary Guidelines to the prevention of those diseases.</p> <p>Participants will be able to use the MyPyramid as a daily food guide to meet the recommendations of the Dietary Guidelines.</p> <p>Participants to consume the recommended number of servings from all five food groups.</p> <p>Participants can identify proper portion sizes according to their recommended caloric intake.</p>
<p>Materials: (All items needed to present the lesson including participant handouts)</p>	<p>Materials needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Projector and laptop or overhead projector <input type="checkbox"/> CD with PowerPoint presentation <input type="checkbox"/> Extra laptops or computers for lab or a site with wireless or internet access <input type="checkbox"/> Smart Choices posters <input type="checkbox"/> Food models, pictures, measuring cups, bowls or cups that are portion size <input type="checkbox"/> Portion sizes tool kit (deck of cards, baseball, checkbook cover, broccoli stress balls, computer mouse, CD, computer diskette case, 1" wooden cube, yo yo, domino, dice, plastic golf ball, etc.) <input type="checkbox"/> Fact sheets: Smart Choices publications – Steps to a Healthier You (pub. # 2941) Serving Sizes (pub. # 2975) What is a Whole Grain? (pub. # 2982) What Counts as an Ounce (pub. # 2990) Healthier Eating (pub. # 2996) MyPyramid Worksheet 2000 cal. (pub. # 2937) <input type="checkbox"/> MyPyramid Worksheets for different calorie levels <input type="checkbox"/> USDA Dietary Guidelines Consumer Messages Brochure

Background Information (Supporting evidence, reading or viewing material)	USDA Dietary Guidelines and Consumer Messages American College of Sports Medicine www.mypyramid.gov ADA Complete Guide to Nutrition, 3 rd edition
Total time required	3 hours
References	Refer to background information
Lesson Guide Author	Sharman J. Charles

Lesson Plan		
Desired Learning Outcomes	Instructor Activity	Student Activity
Lesson Content (Time required)		<ul style="list-style-type: none"> * Participants can use various items to measure and identify portion sizes. * Participants can make their own portion-size kits. * During lab, students can access MyPyramid Web site and learn how to use the site and get their own profile.
Evaluation	Evaluation will be final exam	N/A
Participant Assignment (If needed)	Assignment Instructions	N/A