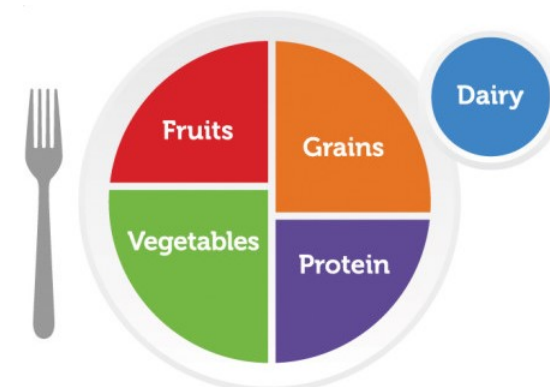


MyPlate Worksheet

Getting a grasp of MyPlate and what it can offer for educational purposes can take some time, but it's worth the effort. This Worksheet was created to provide you with more resources about MyPlate, to give you the necessary tools to train volunteers/staff, and better educate your target audience (students, neighbors, customers, community members, etc.) to support making more nutritious food choices.

Please follow the steps below for a deeper dive into MyPlate:



MyPlate.gov

Step 1: Listen to the Introduction to MyPlate video by Virginia Cooperative Extension's Family Nutrition Program: <https://www.youtube.com/watch?v=MzcjhQRjbKE>

Step 2: Explore the MyPlate website to familiarize yourself with all its offerings: <https://www.myplate.gov/>

- The following pages within the MyPlate website might be especially helpful, check them out while you are exploring:
 - [MyPlate in Multiple Languages](#): The MyPlate graphic and tip sheet is translated into 21 languages.
 - [MiPlato en español](#): Many MyPlate materials are available in Spanish, including the MyPlate Quiz, the MyPlate Plan, tip sheets, printable resources and recipes in the MyPlate Kitchen
 - [Toolkits](#): There are various MyPlate Nutrition Information Toolkits to support professionals when communicating MyPlate messages to different audiences.
 - [MyPlate Kitchen](#): Find recipes and recipe videos to share and for inspiration

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- Write down what resources would be useful and supportive for your volunteers, staff or target audience (i.e. students, neighbors, customers, community members, etc.)?

Step 3: Learn about the different food groups through these videos. When choosing which video to start with, think about your specific information needs and the target audience you serve.

<u>Food Group</u>	<u>Videos</u>	<u>Check if video has been watched</u>
Vegetable	Vegetable MyPlate Overview	
	Vegetable Nutrition	
Fruit	Fruit MyPlate Overview	
	Fruit Nutrition	
Grains	Whole Grain MyPlate Overview	
	Whole Grain Nutrition	
Protein	Protein MyPlate Overview	
	Protein Nutrition	
Dairy	Dairy MyPlate Overview	
	Dairy Nutrition	

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Step 4: Use the following questions to think about how to use MyPlate resources for staff and volunteers.

- Do you feel equipped with enough information?
- How will other staff and volunteers initially be trained on this education?
- What is the time-frame for training staff and volunteers or dispersing information to them?
- How will you get staff and volunteers together to understand these resources?
- Will there be plans to have follow-up training for ongoing learning?

- Summarize your plan in a sentence or two below.

Step 5: Use the following questions to think about how to use MyPlate resources for your target audience (i.e. students, neighbors, customers, community members, etc.).

- How will you introduce these topics to your target audience?
- What topics and resources will be most useful to share with your target audience?
- What is the best way to disperse information? (digital print, virtual or a combination)
- Who will be responsible for sharing the information with your target audience? (It might be multiple people)
- When will this take place?

- Summarize your plan in a sentence or two below.

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Links to other useful Resources:

- Learning to read the Nutrition Facts Label:
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label#overview>
- More on changes to the Nutrition Facts Label:
<https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>
- [Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans](#)
- MyPlate for Aging Adults:[MyPlate | Jean Mayer USDA Human Nutrition Research Center on Aging \(tufts.edu\)](#)
- For Neighbors with Diabetes: [What is the Diabetes Plate Method? \(diabetesfoodhub.org\)](#)

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