

LESSON PLAN

Title: Where does MyPyramid come from?
Target Audience: High School US Gov't class

Name: Kiersten Anderson
Method: Media; survey

Parameters:

- TWELFTH GRADE GOVERNMENT CLASS.
- LESSON WILL TAKE PLACE DURING ONE CLASS PERIOD (50 MINUTES TEACHING TIME)
- STUDENTS ARE IN ROWS OF DESKS FACING THE FRONT, 25 STUDENTS IN THE CLASS
- STUDENTS ARE CURRENTLY LEARNING ABOUT DIFFERENT ORGANIZATIONS WITHIN THE GOVERNMENT AND PUBLIC POLICY ISSUES
- PER TEACHER, STUDENTS USUALLY PARTICIPATE WELL

Terminal Objective Students will be able to briefly explain the origin of MyPyramid, why it was established, and how it can be better used for education on healthy eating.		Terminal Concept MyPyramid was developed as part of the efforts of the USDA’s Center for Nutrition Policy and Promotion to improve the health and well-being of Americans	
References: http://www.cnpp.usda.gov/ , http://www.mypyramid.gov , http://www.washingtonpost.com/wp-srv/special/health/food-pyramid/ , http://www.healthy-eating-politics.com/usda-food-pyramid.html , http://www.cnpp.usda.gov/MyPyramidDevelopment.htm			
Preparation: Giant Post-it note, markers, mini post-it notes (for students) ~50, 25 copies of MyPyramid, powerpoint with pictures of past food guides/pyramids			
Pre-assessment (2-3min) Show picture of MyPyramid (as first slide in powerpoint) -“How many of you have seen this before?” -“What is it?” -“What do the different sections represent?” Assessment (evaluation) BASED ON THE STUDENTS RESPONSES		Introduction (2-3 min) What does this have to do with the US Government? -Today we will be discussing the origins of MyPyramid and the steps the government has taken to develop MyPyramid	
Supporting Objectives STUDENTS WILL BE ABLE TO COMPARE THEIR FRUIT/VEGGIE INTAKE TO THE USDA RECOMMENDATIONS	Content Outline USDA HAS RELEASED GUIDELINES FOR THE RECOMMENDED AMOUNTS OF DIFFERENT NUTRIENTS AND FOOD GROUPS	Time 10 MIN	Learning Experience (Activity Outline) POST-IT SURVEY: - EXPLAIN THAT WE WILL BE TAKING A QUICK SURVEY TO SEE HOW MUCH FRUITS/VEGGIES WE EAT - PUT UP THE GIANT POST-IT ONTO THE

STUDENTS WILL BE ABLE TO GENERATE IDEAS OF HOW TO INCORPORATE THE USE OF MyPYRAMID IN THEIR SCHOOLS	-1980s: CHANGED TO “PATTERN FOR DAILY FOOD CHOICES” -1992: FOOD PYRAMID DEBUT -ARRANGED BY FOOD SERVINGS -2005: MyPYRAMID -INCLUDES EXERCISE ACTIVE PARTICIPATION IN PROMOTING AND SUPPORTING POLICIES (INCLUDING HEALTHY EATING) CAN WHILE STUDENTS AND CAN MAKE A DIFFERENCE.	15 MIN	“LOOKING AT OUR RESULTS AND KNOWING WHAT THE RECOMMENDATIONS ARE, WHY DO YOU THINK THE USDA HAS BEEN FOCUSING ON MAKING THESE GUIDELINES AND THE PYRAMID-WHAT IS THEIR PURPOSE?” “DO YOU THINK THAT PURPOSE IS MET?” WRITE A LETTER TO YOUR SENATOR: EXPLAIN ACTIVITY: YOU ARE CONCERNED WITH THE DIET OF YOUR CLASSMATES/FAMILIES AND THINK THAT MORE NUTRITION EDUCATION IN OUR SCHOOLS WOULD BE HELPFUL. (ENCOURAGE STUDENTS TO THINK OF THEIR OWN ISSUE) - 5 min: On their own, allow students to brainstorm and start formulating ideas to use in their letter. (letter will be completed as part of homework for their class)
Closure In response to increasing concerns for the health of the US, public policy relating to nutrition has increased dramatically. MyPyramid is one educational tool to help Americans improve eating patterns. Hand out copies of MyPyramid to the students			