

Lesson Title: Balancing Your Plate

Learning Objectives:

- Create one full day of balanced meals that includes protein, carbohydrates and healthy fats (breakfast, lunch, dinner, and a snack)
- Summarize why it is important to have different colors of fruits and vegetables at each meal



Opening:

Ask students to share what they had for breakfast, lunch, and dinner the previous day. Ensure that students are stating the various components of each meal. As students share out, log their answers on the board under the appropriate macronutrients (see sample below). They will use these lists to help them create balanced meals later in the activity.

Example of the chart to display for students:

Protein:	Carbs:	Fat:
<ul style="list-style-type: none"> - Eggs - Bacon - Turkey - Ham - Chicken 	<ul style="list-style-type: none"> - Cereal - Waffle - Pancakes - Syrup - Jelly - Bread - Chips - Pasta 	<ul style="list-style-type: none"> - Nut butter - Bacon - Eggs - Avocado - Butter - Oil - Nuts

Essential Content:

Color	Foods	Benefits
Red	Tomatoes, watermelon, guava	Lycopene: antioxidants
Orange	Carrots, yams, mangos, pumpkins	Beta-carotene: Immune system
Yellow-orange	Oranges, lemons, papayas, peaches	Vitamin C: detoxify harmful substances
Green	Spinach, kale, collards	Folate: builds healthy cells
Green-white	Broccoli, Brussels sprouts, cabbage	Indoles, lutein: eliminate carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells

- Macronutrients and their functions:
 - Proteins regulates body function, are an essential component of enzymes, support immune health, and aid in hormone regulation.
 - Carbohydrates are the body's main source of fuel and they allow the body to save proteins so they are not used as fuel.
 - Fats are a component of our membrane, particularly in the brain and nervous system. Fats aid in the absorption of fat-soluble vitamins and are used as a source of energy.
- All macronutrients have different roles and functions in the body. By combining the appropriate amounts of protein, carbohydrates, and healthy fats, the body will stay full and satisfied.
- Color variety is important in a balanced meal because *different colors fruits and vegetables mean different vitamins and minerals.*

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- Recommended daily amounts of vegetables:
 - Middle School: 3 $\frac{3}{4}$ cups
 - High School: 5 cups
- Recommended daily amounts of fruits:
 - Middle School: 2 $\frac{1}{2}$ cups
 - High School: 5 cups

Activity:

Guided Practice: Together as a class, make one balanced meal (breakfast, lunch, or dinner). Allow the students to share what components should be in a balanced meal. Write the meal on the board. Emphasize the importance of having a variety of colors.

Independent Practice: In groups of 3 or 4, students will create a full day of balanced meals which includes breakfast, lunch, and dinner. Remind students that they should add a vegetable to lunch and dinner. When they are done, each group should add up how many servings of each macronutrient they included in their day of sample meals. Highlight their food preferences on the pick your plate activity.

Closure:

Did each group include the appropriate amounts of macronutrients in their meals?