“People do not eat food groups and nutrients in isolation but rather in combination, and the totality of the diet forms an overall eating pattern. These patterns can be tailored to an individual’s personal preferences, enabling Americans to choose the diet that is right for them. Healthy eating patterns and their food and nutrient characteristics are a focus of the recommendations in the 2015-2020 Dietary Guidelines.”
Healthy Eating Patterns include:

- Variety of vegetables, fruits, grains/whole grain, low-fat dairy, variety of protein, oils from plants
- Limit added sugar
- Limit saturated and trans fat
- Limit sodium
- Make small shifts in eating habits
- Remember physical activity
- Includes home, school, workplace, community, and food retail outlets
Communicator’s Guide

http://www.choosemyplate.gov/teachers
SuperTracker Nutrition Lesson Plans

- Lesson 1: Track Your Snack
  - Lesson Overview
  - Lesson Preparation
  - Lesson Objectives
  - Teaching Instructions
  - Reflection, Evaluation, and Discussion
  - Additional Resources
  - Handout

- Lesson 2: What’s Your Plan?

- Lesson 3: Three-Day Food Record

- Lesson 4: Build Healthy Meals
Lesson Plan Overview
Pages 6-7

- High school grades 9-12

- Purpose: To encourage high school students to build a healthier diet and increase physical activity using the SuperTracker interactive tool.

- Nutrition Overview:
  - Calories
  - Empty Calories
  - Solid Fats
  - Added Sugars
  - Sodium
  - MyPlate
  - Food Groups
  - Nutrients
Using SuperTracker in a Classroom
Pages 7-10

- Judgment free
- No good foods/bad foods
- 2000 calorie plan as default
- Identify motivators and barriers

Helpful resources
- Scavenger Hunt
- Site Tour Videos
  https://www.supertracker.usda.gov/sitetour.aspx
Lesson 1: Track Your Snack

- Video demonstration at https://www.youtube.com/watch?v=-EZfhd78&feature=youtu.be


- “Track Your Snack” handout--pages 20-21
In-depth information

- PowerPoint slideshow “2015-2020 Dietary Guidelines Presentation”
Additional Resources

- Smart Snacks in School

- Alliance Product Calculator
  - [https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)
The New Nutrition Facts Label

What’s on Your Plate? Exploring Food Science

- A mixture of chemistry, biology and physics.
- Designed for grades 6-9 but easily adapted to younger or older youth.
- Hands-on activities plus reflection and applications.

- Unit 1: The Secrets of Baking
- Unit 2: The Power of Protein Chemistry
- Unit 3: The Inner Mysteries of Fruits & Vegetables
- Unit 4: Be a Food Scientist!

http://www.4-hmall.org/Catalog/SearchResults.aspx?SearchQuery=whats+on+your+plate
$86 for the set of 8

- Grade 7, Trek 1: The Path to Fruits and Vegetables
- Grade 7, Trek 2: Field Correspondents - Conducting a School Survey
- Grade 7, Trek 3: Leading the Way [as Agents of Change]
- Grade 8, Trek 1: Finding Fitness
- Grade 8, Trek 2: Backpack Full of Snacks
- Grade 8, Trek 3: From Farm to You
Coming soon! Pending funding.

- Ages 9-13
- Series of 6-8 lessons incorporating cooking skills and nutrition information.
- Tie with school food service promotion—Power Chef Cafeteria.
- Power Chef Competition as a culminating activity.
- Sub-grant award to fund food and promotional activities.
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