Teaching the Messages of the Dietary Guidelines

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*Adapted from USDA Center for Nutrition Policy and Promotion, April 2015*
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Purpose
Target Audience
Produced by USDA & HHS
Updated every 5 years

DIETARY GUIDELINES FOR
AMERICANS (DGA)
DEVELOPING NUTRITION EDUCATION MATERIALS

Impact

Food Guide Pyramid

MyPyramid

Steps to a Healthier You
Lesson 1: Get Moving!
Lesson 2: Plan, Shop, $ave
Lesson 3: Vary your Veggies…Focus on Fruit
Lesson 4: Make Half Your Grains Whole
Lesson 5: Build Strong Bones
Lesson 6: Go Lean with Protein
Lesson 7: Make a Change
Lesson 8: Celebrate! Eat Smart & Be Active

Eating Smart • Being Active

Lesson 3: Vary your Veggies…Focus on Fruit
Eating Smart • Being Active

Lesson Title

Goals & Key Messages

Content & Activities

Lesson Plan Three:
Vary Your Veggies... Focus on Fruit

Getting Ready:
Finding the Lesson:
For Your Information:

Goals:
1. Families increase the amount of vegetables and fruits they eat every day.
2. Families have more than one kind of vegetable and one kind of fruit every day.

Key messages:
At the end of the lesson, participants will know:
1. Eating vegetables and fruits provides vitamins, minerals, and fiber which keep us healthy.
2. How to increase the amount and variety of vegetables and fruits in family meals and snacks.
3. How to save money when buying vegetables and fruits.

Through lesson activities, participants will:
1. Plan a meal increasing the amount of vegetables and fruits.
2. Plan a meal which contains a variety of vegetables and fruits.

Baker, S., Subkevich, B., Minthal, R., Ragen, K., & Odom, A. (2007). Eating Smart • Being Active (an 8-lesson nutrition education curriculum). Colorado State University Extension ENYMF. Colorado State University, and Department of Nutrition, University of California Davis. Copyright 2007. (8 pages). All rights reserved. All rights reserved.
Content & Activities

Evaluation

Vegetables I ate and drank yesterday:

What counts as one cup?

Vegetables

1 cup

Fruits

1 piece

2 cups

1 cup

Number of cups of vegetables I had yesterday: _______ cups

How much do I need each day?

Ages 2-13

Ages 14+

Vegetables

1-1 1/2 cups

2 1/2-3 cups

Fruits

1-1 1/2 cups

1 1/2-2 cups

Total

2-4 cups

4-5 cups

Meal planning

List the food and drinks in your meal:

Research Article

Outcome Effectiveness of the Widely Adopted EFNEP Curriculum Eating Smart • Being Active

Cover Image: Eating Smart • Being Active (print materials). Image courtesy of Colorado State University–Extension.}


2010 Dietary Guidelines

Examples of Revisions

Eating Smart • Being Active (an 8-lesson nutrition education curriculum).
Colorado State University Extension EFNEP, Colorado State University, and Department of Nutrition, University of California-Davis, Copyright 2007, 355 pages. http://www.ext.colostate.edu/esba/

Build Strong Bones worksheet after 2005 DGA

Build Strong Bones worksheet after 2010 DGA

Examples of Revisions

Lesson plan after 2005 DGA

Lesson plan after 2010 DGA

2015 Dietary Guidelines

Write

Repeat

Revise
Curriculum Revision Process

- Field Staff Feedback
- Online Survey
- Release of 2015 DGA

Science Policy Impact

*Adapted from USDA Center for Nutrition Policy and Promotion, April 2015*
References

- U.S. Department of Agriculture, Center for Nutrition Policy and Promotion: www.cnpp.usda.gov/
- http://ChooseMyPlate.gov