USDA United States Department of Agriculture

# Start Simple with MyPlate

STUDENT LESSON PLAN

Background

Start Simple with MyPlate provides tips, ideas, and inspiration from the five MyPlate food groups—Fruits, Vegetables, Grains, Protein Foods, and Dairy—that Americans can easily incorporate into their busy lives. The ideas fit a variety of food preferences, health goals, and budgets. Starting simple can lead to realistic and positive lifestyle changes to help improve overall well-being and achieve a longer and healthier life.

The Start Simple with MyPlate app brings these ideas to life in an interactive way to help Americans build healthy habits. App users set daily food group goals and will see real-time progress, view simple tips, and earn badges along the way. The Start Simple with MyPlate app is available on iOS and Android phones and corresponding smartwatch devices.
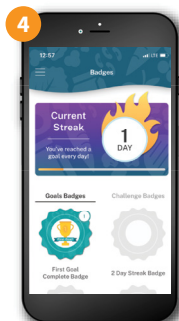
KEY FEATURES OF THIS APP INCLUDE:
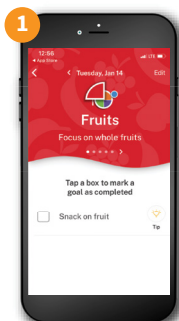
1 Goals from all the MyPlate food groups
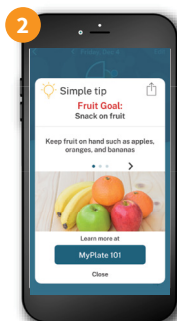
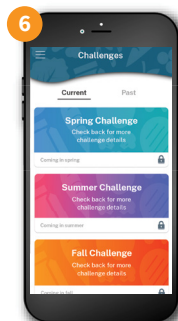**2** Simple, practical tips to support your MyPlate goals

3 Real-time daily progress as food group goals are met

4 Badges can be earned as goals are completed over time

5 A MyPlate 101 section for more information on healthy eating

6 Challenges to stay motivated and try new goals

Activity Overview

PURPOSE:

This lesson plan will help students think critically about their daily food choices and build healthy habits. Students will use the Start Simple with MyPlate app, developed by the U.S. Department of Agriculture, to explore their current eating habits, deepen their understanding of MyPlate, and see how setting and meeting goals can lead to simple and healthy changes over time.

OBJECTIVE:

At the end of this activity, participants will be able to:

1. Identify goals for each of the MyPlate food groups
2. List tips and ideas that support these food group goals
3. Describe how to use the Start Simple with MyPlate app to set and track goals

AUDIENCE:

High school students grades 9 to 12

Suggested courses: Health, Physical Education, Family and Consumer Science

ACTIVITY PREPARATION:

Materials	• Start Simple with MyPlate app on compatible device (iOS and Android phones) • Mobile data access • Refer to the Start Simple with MyPlate webpage for more information: https://www.myplate.gov/startsimpleapp
Start Simple with MyPlate app	• Read about the app on Apple App Store or Android Google Play • Install the app on your phone • Get familiar with the app using the "Welcome to Start Simple with MyPlate" screens
Setup	• iOS or Android phone with app installed • Computer with internet access to review activity

Activity Instructions

1. Install the Start Simple with MyPlate app.
2. Register by creating a username and password (optional).
3. Scroll through the "Welcome to Start Simple with MyPlate" tutorial screens.
4. Select one to three daily goals in food groups of your choice OR click the "Pick for me!" button to preset one goal from each food group.
5. Ask students to mark off their completed goals for a 5-day period.
6. Remind students that they will receive badges for using the app and marking off goals continuous days in a row.
7. Badges will be automatically awarded when goals are met within the app.
8. At the end of the week, ask students to answer the questions below to reflect on their experience from using the app.

Reflection, Evaluation, and Discussion

1. What MyPlate food groups did you choose for your goals? How many goals did you set in each? Write the number in the boxes below.

   [ ]   A. Fruits

   [ ]   B. Vegetables

   [ ]   C. Grains

   [ ]   D. Protein Foods

   [ ]   E. Dairy

2. What specific goals did you pick under each food group? List below.

Food Group	Goals
Fruits	
Vegetables	
Grains	
Protein Foods	
Dairy	

3. What was your favorite "Simple Tip" from each of your food group goals? List below.

Food Group	Favorite Tip
Fruits	
Vegetables	
Grains	
Protein Foods	
Dairy	

4. What badges did you earn during the 5-day period? List below.

_____

_____

_____

5. What did you learn by using the app during the 5-day period? Explain below.

_____

_____

_____

6. What changes to your eating habits will you make after using the app? Explain below.

_____

_____

_____

DGA
DietaryGuidelines.gov

USDA is an equal opportunity provider, employer, and lender.
Food and Nutrition Service
December 2020
FNS-887

Page 4