

Application (Continued)		<p>See Lesson 2 in the “Lessons” section, or the Teacher Resource CD, for the following handout masters:</p> <ul style="list-style-type: none"> • Student Handout: “Daily Food Plan Calorie Levels for 7th and 8th Grade Students” • Student Handout: “1600 Calorie Daily Food Plan” • Student Handout: “1800 Calorie Daily Food Plan” • Student Handout: “2000 Calorie Daily Food Plan” • Student Handout: “2200 Calorie Daily Food Plan” • Student Handout: “2400 Calorie Daily Food Plan” • Student Handout: “2600 Calorie Daily Food Plan” • Student Handout: “2800 Calorie Daily Food Plan” • Student Handout: “3000 Calorie Daily Food Plan”
Closure	2 minutes	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet, “Two Days in My Life” (from Lesson 1) <p>See Lesson 2 in the “Lessons” section, or the Teacher Resource flash drive, for the following family worksheet:</p> <ul style="list-style-type: none"> • Family Worksheet: “Eating Healthy Foods at Home”
TOTAL	45 minutes	

Preparation

- Prior to the Lesson**
- **Decide what method** you will use to present this lesson. Use this alternate activity only if no Internet access is available. (See Lesson 2 in the “Lessons” section of this manual for Internet-based activities.)
 - **Review** the website www.ChooseMyPlate.gov. **Click** on the “MyPlate” tab. Become familiar with the five food groups.
 - **Read** the student handout, “Daily Food Plan Calorie Levels for 7th and 8th Grade Students.”
 - **Ask students their age and activity levels** if you are not using a computer lab. This information will tell you how many of each of the student handouts, “Daily Food Plans,” to **duplicate**. These handouts will be used in the Application section of this lesson. *A computer lab or these handouts will be necessary for this lesson.*

- For Input**
- **Display** the poster, “MyPlate: Steps to a Healthier You.” Have the poster pieces stating the recommended amount of each food group ready to display later in the lesson.
 - **Remove** the pamphlets on physical activity and reading food labels from the pamphlet sets, “Steps to a Healthier You.” (Suggestion)
 - **Prepare slides** of the slide masters, “Looking for Information,” “Daily Food Plans for 2600 Calories,” “Daily Food Plans for 2200 Calories,” and “Daily Food Plans for 2000 Calories.”

- For Application**
- **Duplicate** the student handout, “Daily Food Plan Calorie Levels for 7th and 8th Grade Students,” for each student.
 - **Duplicate** the appropriate student handouts, “Daily Food Plans,” based on your students ages and activity levels.

- For Closure**
- **Duplicate** the family worksheet, “Eating Healthy Foods at Home,” for students to take home and complete.