**Application (Continued)**

See Lesson 2 in the “Lessons” section, or the Teacher Resource CD, for the following handout masters:

- 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

Teacher Manual Resources

- Student Worksheet, “Two Days in My Life” (from Lesson 1)

See Lesson 2 in the “Lessons” section, or the Teacher Resource flash drive, for the following family worksheet:

- Family Worksheet: “Eating Healthy Foods at Home”

**TOTAL**

45 minutes

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### 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)

**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.