

ChooseMyPlate

More than a handful of places to get you started:

<http://www.choosemyplate.gov/>

The first stop on any exploration of ChooseMyPlate. Follow the links. Many are not yet updated, so keep checking back.

<http://food.unl.edu/web/fnh/more-fnh-videos11-choose-myplate-video>

Free powerpoints and videos

<http://familyconsumersciences.com/2011/06/choose-my-plate-lesson-plan/>

Basic lesson plan for FACS

<http://foodplay.com/shop/foodplay's-myplate-activity-kit/>

Activity kit for sale

<http://freemyplate.com/2011/09/13/empowering-kids-choose-myplate-lesson-plans/>

AND

<http://www.learningzonexpress.com/documents/EnergyEverydayforEveryone/MyPlateLessonPlans.pdf>

While Learning Zone Express is obviously selling products, this site has free lesson plans (complete with printable graphics and coloring pages) mostly for younger children

<http://freshfacs.com/wordpress/?p=1092>

Complete powerpoint that can be shown from the website

<http://www.nourishinteractive.com/hco/overview>

Free lesson plans and printable sheets

<http://lancaster.unl.edu/food/dga2010-final-presenter/index.htm>

Dietary Guidelines for Americans 2010, self quiz

<http://www.youtube.com/watch?v=JPugW0JIBnA>

Video of 3 consumer messages with MyPlate

<http://www.youtube.com/watch?v=SEFmSk08LIE&feature=related>

Video by USDA introducing new Choose My Plate

<http://www.youtube.com/watch?v=fbRE08pUfpM&feature=related>

Rock song (cartoon) video on Choose My Plate

<https://secure.brandvia.com/dm/AccessControl.aspx?AspxAutoDetectCookieSupport=1>

To purchase the Del Monte Rethink your plate educational plate. \$9.95

<http://www.enasco.com/nutrition/>

To purchase a wide variety of My Plate items, including a “plate” for \$10.95

http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html

An interactive sight where you can build your plate and see nutrient content of the choices you make

<http://www.utahdairycouncil.com/cmsdocuments/DGTipsheet1ChooseMyPlate.pdf>

The Dairy Council (always a ‘go-to’ for educational material) handout incorporates the 2010 Dietary Guidelines with ideas for choosing your plate

http://denverurbangardens.squarespace.com/storage/school-garden-curriculum/My_Plate.pdf

Yet another lesson plan

http://www.bellinstitute.com/Dietary_Guidelines.aspx

<http://www.bellinstitute.com/DisplayResource.aspx?ID=631>

Several things available. The downloadable webinar on the Dietary Guidelines 2010 with tie in to Choose My Plate is well done.

<http://foodandhealth.com/blog/2011/06/12-things-we-learned-from-myplate/>

Good background info to keep in mind

<http://foodandhealth.com/blog/2011/06/myplate/>

Of course they have a ‘store’ and things for sale, but the free ideas are pretty good

<http://www.prweb.com/releases/2011/6/prweb8542981.htm>

Selling a DVD for K-5 on MyPlate

<http://www.learningseed.com/ps-397-5-personalizing-myplate-easy-changes-for-eating-habits.aspx>

Another DVD for sale

<http://search.learningzonexpress.com/search?keywords=myplate%20dvds>

And another. Most at this point seem focused on elementary age

<http://www.youtube.com/watch?v=SEFmSk08LIE>

Youtube video introducing g MyPlate