

## ChooseMyPlate Personalized Goals & Vision Board Lesson Plan

Intro Activity: Show students a poster of the ChooseMyPlate food guide. Ask students the following questions: How many Calories do you need each day? What amount of food do you need from each food group each day? How much time should you spend exercising each day?

Activity: Complete the web activity using Edith Rohrer’s assignment sheet “Choosemyplate Personalized Food Group Needs”. Students will need to log on to the [www.choosemyplate.gov](http://www.choosemyplate.gov) website and follow the instructions on the guide sheet. While on that site students should also find out the amount of physical activity teens should be engaged in on a daily basis.

Discuss: Now that you have an idea of your daily caloric and food group serving intakes, I want you to think about some healthy lifestyle goals. I want you to define your eating and exercise goals based on the information you just discovered.

1. How much of each food group do you require daily? Caloric intake? Share examples.
2. What food(s) do you enjoy eating from each of the food groups that can help you reach your daily requirements? Write ideas down and share some examples.
3. How much time should teens spend being physically active each day? Share times.
4. What physical activities do you enjoy that will motivate you to get fit or stay fit if you already are? Write ideas down and share some examples.
5. What do you value about eating healthy and having a healthy body? Share ideas.
6. What healthy recipes do you enjoy preparing that will help motivate you to eat healthy? Share ideas.
7. What inspirational quotes or words of wisdom will motivate and encourage you to eat healthy and be physically active. For example, “Just do it!”, “Got Milk?”. Share other ideas.
8. How do you see yourself physically in 1, 5, 10, 15, 25 years? What will you look like? What do you want to look like? (Think about how your parents and grandparents look now and their current health conditions.)

Now, individually brainstorm the following information:

1. What steps do I need to take to achieve my healthy eating goals? Fitness Goals? Healthy body goals?
2. Think about the possible “roadblocks” that might keep you from accomplishing your goals. How will you deal with them? Ex. Pressure to stray from your plan because of yourself, peers, parties, time, etc.
3. Set up some deadlines in small increments to help meet your larger goals in terms of healthy eating, exercise, becoming or staying fit. What do I want to accomplish today? Next week? Next month? One year from now?
4. How will you evaluate your progress? This is important especially if you would need to redefine your goals.

Project: Healthy Exercise, Eating & ChooseMyPlate Vision Board (see guide sheet)

