



Lesson 2

MyPlate Family Face-off



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



RUTGERS®

Lesson 2: MyPlate Family Face-off

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Core Curriculum Area: Dietary Quality

Objectives

Teens taking this class will:

1. Name foods from each of the 5 MyPlate food groups.
2. Recognize healthy choices from each food group.
3. Taste a low-calorie, low-fat whole grain snack they can make at home.

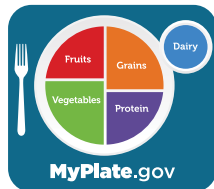
Behavioral Focus

Most of this lesson does not focus on behaviors. Instead, it aims to increase teens' knowledge of healthy diets so in future lessons they are able to discern which behaviors are better than others. The one part of this lesson that focuses on the teens' behaviors is when teens taste a healthy whole grain snack and receive a recipe for making it at home.

Background

Why do we teach about MyPlate?

MyPlate is a tool that can be used to help people apply some of the Dietary Guidelines for Americans' messages. It shows a healthful balance of the 5 food groups (fruits, vegetables, protein foods, grain foods, and dairy foods). One strong message that should be shared when showing MyPlate is that half of each plate should be made up of fruits and vegetables.



Teaching these messages to teens is very important for many reasons:

1. Teens are in a rapid state of growth. Eating poorly can lead to their low intakes of many nutrients, like:
 - Phosphorus
 - Magnesium
 - Choline
 - Iron
 - Calcium
 - Folate
 - Vitamin B6
 - Vitamin B12
 - Potassium
 - Vitamin D

2. Having a healthy diet will lower teens' risks of getting some diseases later in life, like heart disease, cancer, and diabetes.²⁻⁴
3. High schools are the last chance we have to teach teens before they reach adulthood and make most of their own food decisions.
4. They will be our next group of parents! Teaching them about healthy diets now will help them be better role models for their own families.

What else do I need to know about MyPlate?

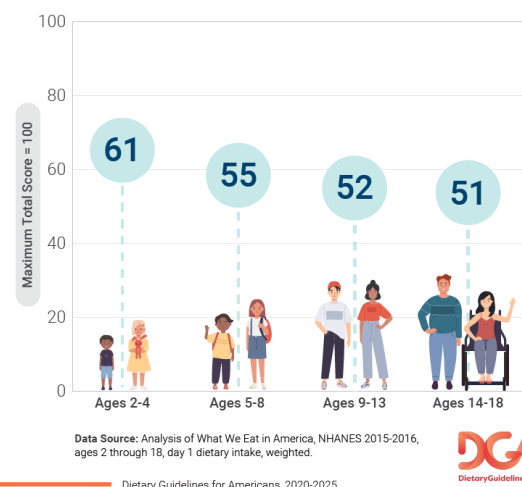
Other MyPlate messages, as noted in the *Dietary Guidelines*, include:¹

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
- Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).
- Choose foods and drinks with less added sugars, saturated fat, and sodium.

What are the most important things for me to know about teen diets?

You will likely not be surprised to learn that kids' diet scores get worse as they age. So, older teens' diet scores are worse than any other group of kids.¹

Healthy Eating Index Scores Across Childhood and Adolescence



Dietary Guidelines for Americans, 2020-2025

Low-income teens' main nutrition issues are:⁵

- Eating too many high-calorie, low-nutrient foods. These are mainly foods they buy from

local stores or fast-food restaurants, and their snack choices.

- Drinking too many sugary drinks.
- Eating too few fruits and veggies.
- Eating foods with too little calcium and iron (mainly girls).
- Eating too much red meat (mainly boys).

They have also been found to eat too few whole grain foods.¹

How does this *Rev It Up!* lesson approach teaching MyPlate and the other USDA nutrition messages?

In MyPlate Family Face-off, the teens review which foods are part of each food group. For this game, we actually asked 100 nutritionists for the foods they eat most often! This gives the teens insight into some foods from each food group that may be healthier options. The tips on the MyPlate Family Face-off Prompt Cards provide even more tips that address the main points about eating foods in a healthy way. Although many children have already learned about MyPlate in school, high school teens still do not always know which foods are in which groups. When we did research on *Rev It Up!* at Rutgers, we found that teens had false beliefs that were corrected via this lesson.⁵

Works Cited

1. U.S. Department of Agriculture, U.S. Department of Health and Human Services. 2020-2025 Dietary Guidelines for Americans. 2020; 9th: [dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf). Accessed February 23, 2021.
2. Satija A, Bhupathiraju SN, Rimm EB, et al. Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. *PLoS Med*. 2016;13(6):e1002039.
3. Steck SE, Murphy EA. Dietary patterns and cancer risk. *Nat Rev Cancer*. 2020;20(2):125-138.
4. Shan Z, Li Y, Baden MY, et al. Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease. *JAMA Intern Med*. 2020;180(8):1090-1100.
5. Desai-Shah H. *The development and qualitative impact assessment of a physical activity and nutrition curriculum for low-income, high school adolescents* [Dissertation]. New Brunswick, NJ: Nutritional Sciences, Rutgers University; 2021.

Materials Needed

Activity 1: MyPlate Family Face-off

- ☐ Computer, projector, and speakers (or) SMART Board®
- ☐ MyPlate Family Face-off Presentation
- ☐ MyPlate Family Face-off Answer Key
- ☐ MyPlate Family Face-off Prompt Cards
- ☐ MyPlate Family Face-off Family Posters
- ☐ Bells/buzzers, 1 per team (family)
- ☐ Name tags, 1 per teen
- ☐ Microwave Popcorn Recipe, 1 per teen
- ☐ Samples of Microwave Popcorn, 1 per teen

Prepare to Teach

1. Read the lesson plan and learn the game's rules.
2. Search the Internet for videos of the Family Feud® show with Steve Harvey as the host. Note how he speaks with contestants and jokes with them. Practice channeling your inner Steve Harvey. The sillier you get, the more the teens will enjoy the game!
3. Download the MyPlate Family Face-off Presentation onto a flash drive.
4. Practice using the slideshow.
 - Click on the MyPlate Family Face-off game file. Click on "Slideshow." Click on "Play from Start."
 - Round 1 will come up on its own after the intro. Click "Begin."
 - Pretend the teens name a food that is on the answer key. Click on the matching box number and follow by clicking on the "cheer" button on the bottom right-hand corner of the screen.
 - Now pretend the teens name a food that is not on the answer key. Click on the "X" and then the "boo" buttons on the bottom right-hand corner of the screen.
 - Pretend the round is done. Press "Enter" on the keyboard to move on to the next round.
 - Play around with the slides until you are sure you know how to use them. Be sure you can teach the site leader how to run them.
5. Print out 1 copy of the MyPlate Family Face-off Answer Key for the site leader.
6. Download and print the MyPlate Family Face-off Family Posters. These are 22-by-28 inches by default. You can either print these or create your own with poster board and markers. Laminate them so they stay nice for future use.
7. Download and print 1 set of the 10 MyPlate Family Face-off Prompt Cards. To prepare the MyPlate Family Face-off Prompt Cards:
 - Cut along the dotted lines.
 - Fold each sheet in half along the solid line and cut.
 - Glue the 2 halves on each side of a 4-x-6-inch index card to make them sturdy.
 - Laminate these cards so you can use them again.
 - Order the cards so Prompt Card #10 is on top and Prompt Card #1 is on the bottom and clip them together. When you turn them over to read them, they should be in the right order.
8. Review the tips on the MyPlate Family Face-off Prompt Cards.
9. Download and print the Microwave Popcorn recipes.
10. Make the microwave popcorn on the day of or 1 day before the class so it is fresh. Split it in 2. Season ½ with a sweet flavor mix and ½ with a savory flavor mix. Make sure you have ample popcorn to provide each teen in your class with a sample of each. Put the popcorn in airtight bags to prevent it from going stale.

Practice until the activity lengths are:

- **Introduction:** 3 minutes
- **MyPlate Family Face-off:** 30 minutes
- **Wrap up:** 2 minutes

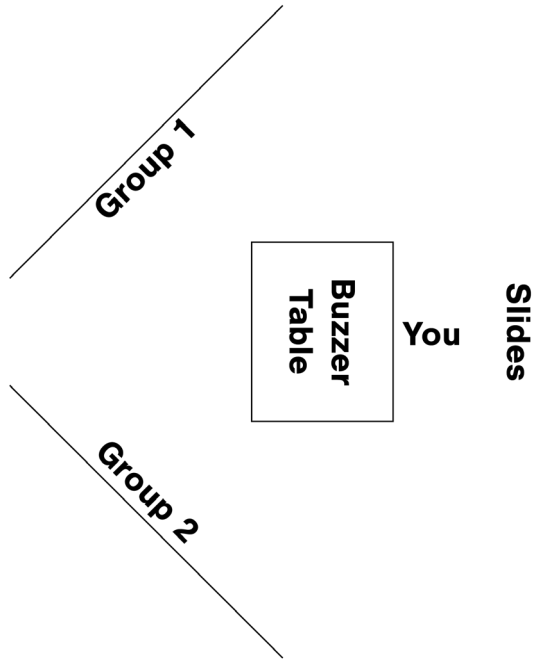
This will allow for the lesson to be taught in 35 minutes.

Lesson Plan

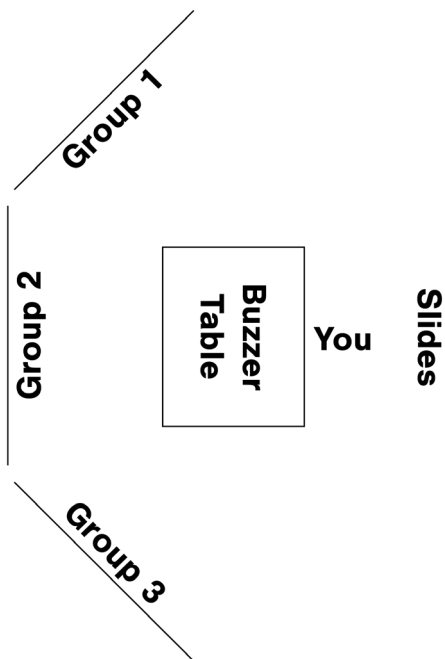
Set-up

1. Set up the computer and projector or SMART Board® and load the MyPlate Family Face-off Presentation.
2. Remind the site leader:
 - You will need his/her help with the game today. Show the leader how to use the PowerPoint® (refer to Step 4 in "Prepare to Teach" if you need to). Give him/her the "Answer Key" and tell him/her that he/she can use it to decide whether to hit the "clap" or the "boo" button depending on if an answer is correct or not.
 - You will also need his/her help passing out popcorn samples at the end of the lesson.
3. Arrange the tables/desks for the game:
 - **If there are 20 or fewer teens,** plan for 2 teams. Arrange the desks/tables in 2 groups, as shown on the picture on the next page. Make sure all will be able to see the slides. Put 2

bells/buzzers on a table in front of where you will stand when playing Steve Harvey.



- **If there are 21-30 teens**, plan to have 3 teams. Put the desks/tables in 3 groups, as shown in the picture on the right. Make sure all will be able to see the slides. Put the 3 bells/buzzers on a table in front of where you will stand when playing Steve Harvey.



4. Tape the MyPlate Family Face-off Family Posters on the front of a desk or table for each group.

5. Put the popcorn samples in a spot where it will be easy for the site leader to get to them to pass out after the game.
6. Place the Microwave Popcorn Recipes on a table near the door so the teens who want to can grab them on their way out.

We do not recommend playing the game with more than 30 teens. It gets very hard to keep them all focused!

Introduction (2 minutes)

1. Greet the teens as they walk in.
2. Once all are seated, focus them and ask what the teens recall from the last class. Ask if they can recall your name, the name of your program/university, or the name of the program: *Rev It Up!* Tell them if they cannot.
3. Ask them to raise their hands if they tried the "Walk Indoors!" videos at home or if they got more MVPA in since last time. If you want, you can ask them how it went.

Activity 1: MyPlate Family Face-off (30 minutes)

1. Ask the site leader to start the slide show. Point to the MyPlate shown on the 1st slide. Ask the teens if they know what MyPlate is used for. Take a few answers. Let them know:
 - There are 5 food groups: vegetables, fruit, grain foods, protein foods, and dairy. They should eat foods from all 5 groups at each meal if they can.
 - Ask which of the food groups shown are the biggest. They should note that the vegetable and grain groups are bigger than the fruit, protein, and dairy groups. Tell the teens that the sizes of the groups show how much we should eat from each group at every meal.
 - Point out that half of the plate is made up of fruits and vegetables. Thus, they should try to make fruits and vegetables half their plate at each meal. Tell them that if they are not able to fill half their plates with fruits and veggies at their meal, they can eat them before their next meal as a snack to make up for it.

Don't spend too much time on Step 1. You want to spend most of the lesson on the game!

2. Cue the site leader to move to Slide 2. Tell the teens that today they will be playing MyPlate Family Face-off!
3. Split the class into teams. This should be easy if they are already sitting at the desks/tables as you placed them.
4. Hand out the name tags and ask all to write their first names on them so you are able to read them.
5. Channeling your inner Steve Harvey, say, "It's time to play!"
6. Ask 1 person from each family to come up. Call them up by using their first names (on name tags) and the family team last name (Snacker, Walker, or Cook). Have them come to the center table/desk and stand in front of a bell/buzzer, facing each other.

"For Round 1, we have Keisha from the Snacker family and Luis from the Walker family!"

7. Ask them to put 1 hand behind their backs and the other hand on the bell/buzzer.
8. Make sure the site leader is on the right slide.
9. Say, "All right folks, we've got the top (number) answers on the board." Then read the 1st question from Prompt Card #1.

Sometimes the teens may have a good answer that is not on the board (e.g., string bean for vegetable). Remind them that these are only the foods 100 nutritionists say they eat most often. There are many healthy foods in each group that are not there!

- Turn to the person who buzzes in first and ask for his/her answer.
 - Then ask the leader, "Is the answer on the board?"
 - If it is the top answer, ask if the family wants to play or pass to one of the other teams.
 - If it is not the top answer, ask the other team(s) to guess.
 - The team with the highest-ranking answer gets to choose whether to play or pass. If none of the answers are on the board, then have the team members guess again until an answer appears on the board.
10. Move to the group that is playing first. Go down the line to each family member and keep asking the same question until they get all the answers, or they strike out (get 3 strikes).

The more you make it like the game show, the more the teens will enjoy it! Say things like "Survey says," "Show me ... apples!" and "Walker Family, get ready to steal!"

- If they get all the answers they win!
- If they strike out, the other family gets a chance to steal. A steal means that the family can quickly confer. Then they give one group answer. If it is on the board they win the round. If not, the first team wins the round. If playing with 3 teams, pick the family with the lower number of points to steal. If their first answer is on the board, they win the round. If not, the first team wins.

11. Use the Prompt Cards to guide what you say for each answer.
12. Pick a new member from each family to come up for each round. Keep using the family names. It makes it funny!
13. Repeat steps 7 to 12 until you have played all 5 rounds or run out of time. If you don't have time for all the rounds, quickly go over the rest of the answers with the teens.

Use your best judgment when giving out points. For example, a teen might say "strawberry" for the fruit round. It is fine to give that team the point for "berries."

14. At the end of the game, ask all to clap for the winning team.
15. Cue the site leader to pass out the popcorn samples. Say, "You may not know this, but popcorn can be a healthy whole grain snack! You can make your own at home and put all sorts of seasonings on it that make it tasty without the salt and fat you get from boxed or movie theater popcorn. I brought a few samples for you to try!"
 - Tell them to take a recipe on their way out so they can try making special, healthy popcorn at home.

Wrap up (3 minutes)

1. Ask the teens what they learned and if they were surprised by the group in which any of the foods were placed.
2. Let them know that the next time you come they will learn about sugar and how much is hidden in drinks! They will also do more walking indoors to get their MVPA.

After the lesson is over, remind the site leader what her/his role will be for the next lesson. You may want to send an email like this:

I really had fun playing the Family Face-off game at the last lesson. I hope the teens learned something and had fun too! The next time I come, I will need your help keeping score for our game and passing out iced tea samples. Also, we'll be walking indoors again. I'm looking forward to Lesson 3!



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