

# Lesson Plan: My Native Plate

## Key Handout and Key Points

Handout to use: [My Native Plate](#)

This two-page education handout and/or placement is designed to complement the conversation between the educator and participant. Consider discussing and screening for food insecurity using the [Food Insecurity Assessment Tool and Resource List](#). Download or order copies at no cost using the link above.

### Key Points to Discuss:

- Use My Native Plate as a guide to help you eat in a healthy way.
  - Fill half of your plate with vegetables.
  - Fill the other half of your plate with a grain/starch and a protein.
  - Consider a side of fruit.
  - Drink water or unsweetened beverages.
  - Use a 9-inch plate.
- Additional ideas for meals using My Native Plate.
- Tips to add variety to meals and snacks.
  - Vegetables and Fruits
  - Proteins
  - Grains and Starches



## Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Identify the food groups.
2. Select foods to build healthy meals based on My Native Plate guide.
3. List examples of vegetables and fruits, grains/starches, and protein to add variety to meals and snacks.

### Goal Setting

Participant will identify how to make healthy food choices in the right amounts as part of a daily meal routine and set a goal to get started.



# My Native Plate



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Nutrition](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.
- [Tips for Educators Using My Native Plate](#) – Updated.
- [Food Insecurity Assessment Tool and Resource List](#).

### Looking for additional materials?

- [USDA: Choose My Plate](#)
- [VA: Making Healthy Food Choices With a Healthy Plate](#)



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- My Native Plate
- Working With the Diabetes Health Care Team
- Ten Doable Ways You Can Enjoy Meals on Special Days

Stories of people sharing tips on eating healthy can be found on the Online Catalog (select “Nutrition” as the topic).

- Can you taste the LOVE?
- Bringing Healthy Dishes to Gatherings Shows You Care
- How to Survive the Miles and the Temptations
- The Bigger-Than-Life Portion
- What’s the Big Deal About Whole Grains?

More uplifting stories of people and programs making a difference in Indian Country are also available on the [Special Diabetes Program for Indians \(SDPI\) Program Spotlights](#) page under the “Nutrition” tab.

