Lesson Plan: My Native Plate



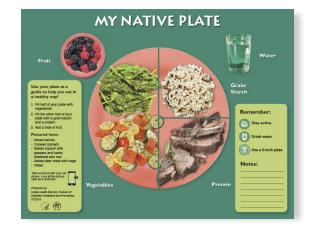
Handout and Key Points

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:

- 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 <u>Division of Diabetes Clinician Resources</u> and <u>Standards of Care</u> for <u>Nutrition</u> websites.
- Search the <u>Education Materials and Resources Online Catalog</u> for materials and resources featuring American Indian and Alaska Native people.
- Integrating Case Management I`nto 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.
- <u>Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice</u> [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: Eating Well with Diabetes



Participant Materials and Handouts

IHS Division of Diabetes Treatment and Prevention Resources

Search the <u>Education Materials and Resources Online Catalog</u> 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 <u>Special Diabetes Program for Indians (SDPI) Program Spotlights</u> page under the "Nutrition" tab.

