

Dear Educator,

As you know, the USDA **MyPlate** food guide icon was developed to complement the USDA's 2010 dietary guidelines for helping Americans make better food choices. To help you integrate these guidelines into your class plans, the National Pork Board and the award-winning curriculum specialists at Young Minds Inspired (YMI) have teamed up to create this supplement to the *Step Up to a Healthier You* program (available online at www.ymiclassroom.com/pork.html).

The activities in this supplement will help you teach your students about making smart dietary choices—including making half the plate fruits and vegetables as shown in the **MyPlate** icon—and will help them learn that lean protein, including several cuts of pork, is an important part of their diet.

We encourage you to share this valuable supplement with your school's food service director and your fellow educators. Although it is copyrighted, you may make as many copies as you need.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



YMI is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions contact us at 1-800-859-8005 or email us at feedback@ymiclassroom.com.

Target Audience

This supplement is designed for students in middle/junior high school Family and Consumer Science classes. It can be tailored to suit your students' needs and abilities.

National Standards Alignment

This supplement meets the following Family and Consumer Science Standards:

- Demonstrate nutrition and wellness practices that enhance individual and family well-being.
- Evaluate food plans, preparation techniques, and specialized dietary plans.

How to Use This Program

Review the information in this guide and on the activity masters. Make photocopies of the activity masters for each student and schedule time to complete the activities in class. Have students take the activity sheets home.

About the USDA Dietary Guidelines

Because more than one-third of children and more than two-thirds of adults in the U.S. are overweight or obese, the USDA guidelines include four major action steps:

1. Reduce overall calorie intake and increase physical activity.
2. Emphasize vegetables, cooked dry beans, peas, fruits, whole grains, nuts, and seeds; increase seafood and fat-free and low-fat milk and milk products; consume moderate amounts of lean meats, poultry, and eggs.
3. Significantly reduce sugars, solid fats, and sodium; choose fewer refined grains that are coupled with added sugar, solid fat, and sodium.
4. Meet the 2008 Physical Activity Guidelines for Americans (available online at www.health.gov/Paguidelines/toolkit.aspx).

Activity 1: Go with Lean Protein—Pick Pork

Review with students the guideline recommendations and menu options and have students identify the different food groups represented. Explain that, while their menus may all be different, they will share one important ingredient—pork. That's because pairing pork with fruits and vegetables is an easy—and tasty—way to meet the USDA dietary guidelines. Pork is a lean, low-calorie source of protein that is packed with

important nutrients that we need in our diet each day. It's also affordable and easy to prepare. Lean cuts of pork include tenderloin, pork chops and sirloin roast.

Divide your class into groups of 4-5 students each. Encourage them to focus on making half their plate fruits and vegetables as they create a healthful and nutritious lunch menu that includes pork. Because the current school lunch requirements allow up to 700 calories for students in grades 6-8, suggest that students keep their menu between 500-700 calories. Explain that they can vary the serving size shown for each food—for example, they might choose half a tomato and two slices of bread for a ham and tomato sandwich. After each group has finished, have students share menus and explain their choices. How successful were they in creating balanced meals? Could they have made better choices? If so, have students brainstorm alternative solutions.

Activity 2: Make Mealtime Family Time

There are two versions of this take-home activity. Choose one or have students take both sheets home to share with their parents. In a week or two, survey your students to see who has helped their family make one of the suggested recipes.

Activity Extension: Have students go online to the Food Fun Zone section of the Pork4Kids website and choose a week's worth of healthful recipes they think their family would enjoy.

Recipes for Kids

Kid-friendly Recipes: www.porkbeinspired.com/Recipes.aspx

Food Fun Zone Recipes: www.pork4kids.com/FoodFunZone/611/FoodFunZone.aspx

Other Online Resources

Pork and Health: www.porkandhealth.org

2010 Dietary Guidelines for Americans: www.cnpp.usda.gov/dietaryguidelines.htm

U.S. Department of Agriculture **MyPlate**: www.choosemyplate.gov

Calories & Weight—The USDA Pocket Guide: www.hoptechno.com/book20.htm

Young Minds Inspired: www.ymiclassroom.com

Activity 1: Go with Lean Protein—Pick Pork

Healthy eating doesn't have to be bland and boring. There is a wide variety of options that will help you make smart food choices so you can stay healthy, keep your weight in check, and get lots of nutrition from some very tasty foods. Guidelines issued by the USDA and the U.S. Department of Health and Human Services include these quick and easy tips to remember:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

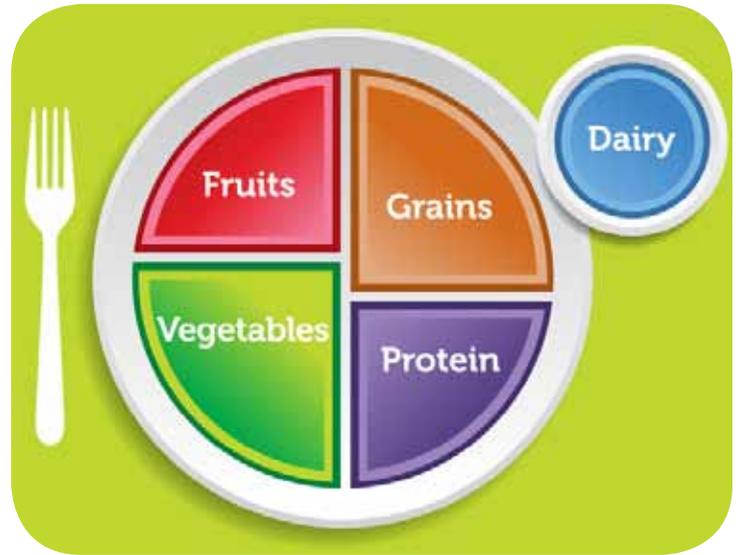
Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals. Choose the foods with lower numbers.
- Drink water instead of sugary drinks.

And, when it comes to your protein choices, pork is always a smart choice. That's because lean cuts of pork are rich in nutrients and low in calories, cholesterol and fat.

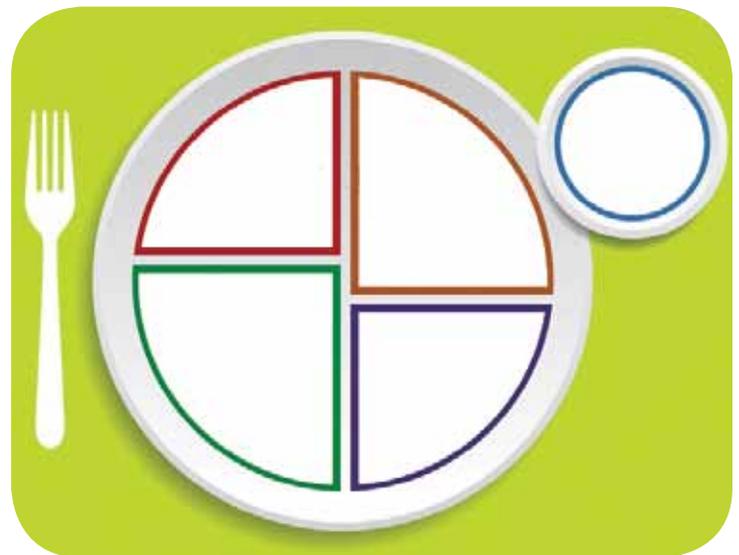


Meet the Lunchtime Challenge

With your group, review the food choices below and the **MyPlate** model for healthy eating. Then use the guideline recommendations to help plan a healthful, balanced and delicious lunch menu that totals between 500 and 700 calories. (Each food's calorie count is shown in parentheses.)

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|--|--|
| 1 cup water (0) | 1 cup vegetarian vegetable soup (67) |
| 1 cup lettuce (5) | 1 Tbsp. Italian salad dressing (43) |
| 1 small dill pickle (4) | 1 medium apple (95) |
| 1 tsp. yellow mustard (3) | 1 slice Swiss cheese (106) |
| 3 oz. boneless lean pork sirloin chop, broiled (164) | 1 medium carrot (25) |
| ½ cup green beans (23) | 1 small ear corn (85) |
| ½ cup sliced strawberries (27) | 10 French fries, oven heated (82) |
| ½ cup red grapes (52) | ½ cup brown rice (108) |
| 1 cup 2% chocolate milk (190) | 3 oz. lean ham, roasted (103) |
| ½ cup cooked peas (67) | 1 Tbsp. mayonnaise (103) |
| ½ cup vanilla ice cream (137) | 2 (1 oz.) slices Canadian bacon (87) |
| 1 medium tomato (22) | 1 large hard-boiled egg (78) |
| 1 medium oatmeal cookie with raisins (65) | 1 cup fat-free milk (86) |
| 2 (1 oz.) slices lean pork loin, roasted (117) | 1 boneless lean pork chop, broiled (137) |
| 1 slice whole-wheat bread (69) | 6 oz. apple juice (86) |
| 6 oz. low-fat fruit yogurt (173) | |

Use the empty MyPlate on the full-size sheet to write your menu choices. Total your calories by nutrition category below. Be prepared to explain why your group made the choices you did.



- Calories from Fruits: _____
- Calories from Vegetables: _____
- Calories from Grains: _____
- Calories from Protein: _____
- Calories from Dairy: _____

Total Calories

Activity 2: Make Mealtime Family Time

Dear Parent,

Your child has been learning about the USDA **MyPlate** Dietary Guidelines for Americans. Highlights from those guidelines are listed on the activity sheet titled "Go with Lean Protein—Pick Pork." We hope that you will keep them in mind as you plan meals for your family.

We also hope that you will consider including lean cuts of pork in your daily meals. Lean cuts, like pork chops and tenderloin, are great choices because they are rich in nutrients and low in calories, cholesterol and fat. Below is a delicious, easy-to-prepare and kid-friendly pork recipe. Invite your child into the kitchen and enjoy fun family time together as you prepare it tonight!

Caramel Apple Pork Chops



- 4 boneless pork chops, $\frac{3}{4}$ -inch thick
- 2 tablespoons brown sugar
- salt, to taste
- black pepper, to taste
- $\frac{1}{8}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- 2 tablespoons butter
- 2 medium tart red apples, cored and sliced into $\frac{1}{2}$ -inch wedges
- 3 tablespoons chopped pecans

Heat skillet over medium-high heat. Sauté chops, 8 minutes, turning occasionally, until internal temperature on a thermometer reads 145° F, followed by a 3-minute rest time. Remove; keep warm.

In a small bowl, combine brown sugar, salt, pepper, cinnamon and nutmeg. Add butter to skillet; stir in brown sugar mixture and apples. Cover and cook for 3-4 minutes or just until apples are tender. Remove apples with a slotted spoon and arrange on top of chops; keep warm. Continue cooking mixture in skillet, uncovered, until sauce thickens slightly. Spoon sauce over apples and chops. Sprinkle with pecans. Contains 30 grams of protein. Serves 4.



For more tasty and nutritious pork recipes and tips, visit www.PorkBeInspired.com.

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Kick-off Kabobs



- 2 pounds boneless pork chops, cut into 1-inch cubes
- 1 cup Italian dressing
- 2 tablespoons dried red pepper flakes
- 1 tablespoon fennel seed
- 1 large red bell pepper, cut into 1-inch pieces
- 1 large green bell pepper, cut into 1-inch pieces
- 1 large onion, cut into 1-inch pieces
- 24 6-inch wooden skewers (soak in water for 30 minutes before using)

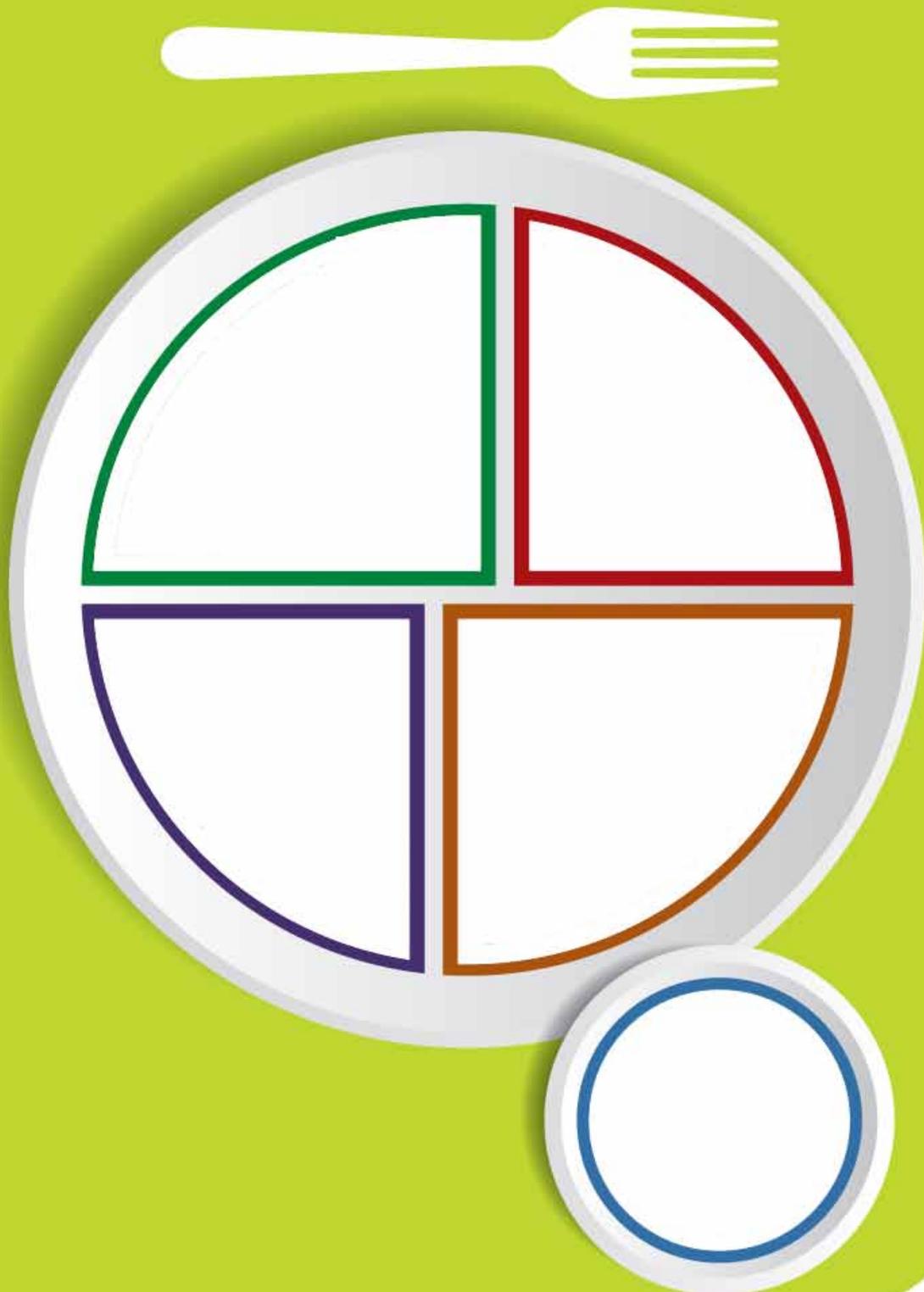
Place pork cubes in resealable plastic bag; add salad dressing, red pepper flakes and fennel seed. Seal bag; refrigerate for at least 1 hour to overnight to marinate pork. When ready to cook, thread pork, peppers and onion on skewers. Discard marinade. Place kabobs on greased broiler pan and broil 5 inches from heat, or grill over medium-hot coals, for about 5 minutes per side. Contains 9 grams of protein. Makes 24 appetizers.

Tailgate Tip: If tailgating at the stadium, thread pork and vegetables on skewers at home, and store in plastic containers in a portable cooler until ready to grill.

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Go with Lean Protein—Pick Pork

Choose **MyPlate**.gov



STEP UP TO A HEALTHIER YOU