

# Food for Thought?

## **ChooseMyPlate or Healthy Eating Plate**

**Introduction:** During 2011 the U.S. Department of Agriculture replaced the Food Guide Pyramid (2005) with a simple plate version *ChooseMyPlate* to help consumers decide what to choose for healthy eating. Harvard University has developed an alternative “Healthy Eating Plate”.

**Teaching Tip:** Have students compare the official USDA *ChooseMyPlate* logo to the Harvard University *Healthy Eating Plate* logo. Click on each logo to read more details of each. Some interesting discussion could be held as students compare the two plates. One could also ask students which plate would increase their healthy eating habits the most.

A formal lesson plan (objectives, class activity, evaluation, etc.) is being developed and will be posted soon.

