

15 HEALTHY PLATE

PURPOSE

This activity teaches young workers the basics of a healthy meal. Eating nutritious meals can help young workers stay alert and focused on the job. In the long term, proper nutrition may protect young workers from chronic diseases and can improve quality of life.

ACTIVITY TIME

Approximately 15 minutes

PREPARATION

- The handout is included in the activity book on page 33. Alternatively, you can print the handout from the website. The handout can be found at: **www.promotingusafetyhealth.com** Click on "Start the Conversation Activities," then find the "Healthy Plate" activity and click on the "Handout" link. Print one handout per attending staff member, letter size, double sided.
- Print PUSH Cards.

DIRECTIONS

Supervisor reads out loud

Supervisor reads out loud

SUPERVISOR READS QUESTION

✘ *Do not read out loud*



A NIOSH CENTER OF EXCELLENCE

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BACKGROUND

Everyone needs food.

Although the types of foods we like to eat differ from person to person, all people need vitamins, minerals and nutrients from food to help their bodies work properly.

Like building a house, making sure your body has the right materials is important to making sure it will stay in good shape and last a long time.

To help you remember what types of foods your body needs each day, remember the Healthy Eating Plate.

- ✦ *Each staff member should get the Healthy Eating Plate handout or ask employees to turn to page 33 in their activity workbooks.*

In this activity, we'll learn more about what it takes to make a healthy plate. By the end of the activity, we'll all get to practice making our own healthy plates that we would like to eat.

First, let's find out what goes on our healthy plates.

Veggies are like the superheroes of foods. Although they may not look like much from the outside, veggies contain tons of ingredients that help our bodies fight diseases, maintain a healthy weight, and generate the energy we need to work and play.

WHO CAN NAME SOME OF THEIR FAVORITE VEGGIES?

- ✦ *Let staff answer.*

Fruit is like the sidekick to veggies. Fruit is also packed with vitamins and nutrients and keeps our minds sharp and our bodies functioning like well-oiled machines.

It's important to eat fruits and vegetables in every meal. Try to get at least five servings of fruits and veggies a day—or half of every meal and snack you eat.

WHO CAN NAME SOME GRAINS?

- ✦ *Call on staff, wait for their answers and tell them yes/no. Answers may include:*

- ⊖ Rice (wild, black, or brown)
- ⊖ Quinoa
- ⊖ Millet
- ⊖ Amaranth
- ⊖ Kamut
- ⊖ Farro
- ⊖ Wheat berries
- ⊖ Spelt
- ⊖ Barley
- ⊖ Rolled oats
- ⊖ Corn
- ⊖ Buckwheat
- ⊖ Bulgur
- ⊖ Freekeh
- ⊖ Rye

All grains start out as whole grains, which means they have a shell on them. These shells contain nutrients we can't get from other places and are very good for us. Unfortunately, lots of grains we eat have been refined, which means the shells, along with the good stuff, have been taken off.

Looking for foods that say “whole grain” on the label, choosing brown rice over white rice, or picking foods that aren't made with white flour can help make sure we have whole grains in our diet.

One quarter of your plate should come from protein. Protein comes from animals and plants. Examples of animal protein are dairy (Greek yogurt, cottage cheese, eggs, milk), poultry, fish, beef, and processed meats like bacon, lunch meat, and sausage.

CAN ANYONE NAME SOME EXAMPLES OF PLANT PROTEIN?

- ✦ *Let staff answer.*

- ⊖ Soy milk
- ⊖ Beans and lentils
- ⊖ Nuts
- ⊖ Tofu
- ⊖ Tempeh
- ⊖ High protein grains such as wheat germ, soba noodles, and quinoa

Healthy oils, like olive oil, give our bodies healthy fats. We all need to eat fat to survive, but choosing healthier fats can ensure we give our bodies the best.

Water is good for you... really, really good for you. Try to drink at least one glass of water with every meal.

ACTIVITY

Okay, now we're going to try to design our own plates. Think of a favorite meal and write the foods in each category on the handout. Try to make sure you have one of each type of food group written down. If needed, you can add or substitute ingredients to make it healthier and ensure you have foods in each category. We'll give you about five minutes, and then we'll share our answers with the rest of the class.

✘ *Help the group complete their plates and discuss.*

PUSH FORWARD

✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health or PUSH Tumblr page (www.promotingusafetyhealth.com). If you follow this page you can learn about other ways to stay safe at home and at work.

The Tumblr page has additional information and activities related to what we talked about today.

15 HEALTHY EATING HANDOUT – EXAMPLE

DIRECTIONS

Design your own healthy meal. Think of one of your favorite meals. Write the foods in this meal in the corresponding categories on the handout. Try to include a food in each healthy plate category. If needed, you can add or substitute ingredients to make it healthier and ensure you have foods in each category.

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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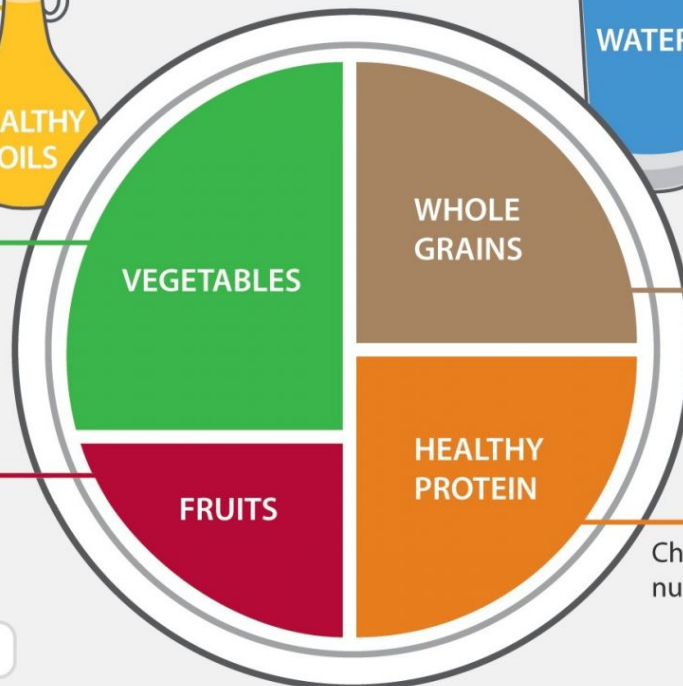
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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VEGETABLES

FRUITS

WHOLE GRAINS

HEALTHY PROTEINS
