

MYPlate Correlates Middle School

Framework Title	Grade Level	Objective	I Do	We Do	You Do	Botvin LST Connection
Making the Connection: How Emotions Affect Your Health	Grades 6-8	Understand how emotions impact physical health and develop strategies for overall well-being.	Introduce emotional-physical health connections and mindfulness techniques using MyPlate "Healthy Eating for Kids" tip sheet.	Group discussion about emotions and their effects on health; practice mindfulness exercises together.	Students journal emotions and physical reactions for a day; practice a mindfulness exercise at home.	Level 1: Coping with Anxiety (2 periods) – Recognizing anxiety and physical effects; stress-reduction techniques like breathing/ visualization.
Healthy Eating & Exercise: Putting It All Together	Grades 7-8	Learn basics of balanced nutrition and the role of physical activity in lifelong health.	Explain the MyPlate model and portion sizes; model using the MyPlate Plan Calculator.	Group meal planning using MyPlate guidelines; discuss exercise options to complement meals.	Create a personal meal plan using the MyPlate Plan Calculator; complete 30 minutes of exercise and reflect on how it felt.	Level 1: Decision-Making (2 periods) – Clarify, Consider, Choose (3 Cs) decision-making model; resisting group pressure to make unhealthy choices.
Nutrition, Health & Exercise: Eating Healthier, Living Better	Grades 6-7	Learn how to make healthier food choices and understand portion control.	Teach portion sizes with examples (e.g., protein = palm of hand); discuss the impact of supersized portions.	Measure food portions together; compare supersized portions with recommended serving sizes.	Track meals for a day focusing on portion sizes; prepare a healthy snack at home.	Level 1: Self-Image & Self-Improvement (1 period) – Goal-setting, reframing thoughts, and self-analysis related to healthy behaviors.
Healthy Choices, Healthy Me	Grades 6-7	Understand risks of poor dietary habits and explore practical ways for healthier living.	Explain unhealthy habits (e.g., high sugar intake) using "Cut Back on Added Sugars" tip sheet; discuss associated risks.	Identify healthier alternatives to sugary snacks; role-play making healthy food choices.	Create a poster encouraging healthier choices; make a healthy substitution in one meal and share in class.	Level 2: Resisting Peer Pressure (2 periods) – Developing a repertoire of responses to group pressure, such as avoiding unhealthy eating habits.
Ten Reasons to Get in Shape	Grades 6-7	Understand the benefits of physical activity and develop a weekly activity plan.	Explain the top 10 benefits of fitness using "Be Active Your Way" tip sheet; discuss types of physical activities.	Brainstorm fun fitness activities; create a weekly activity schedule as a class.	Develop a personal activity plan for the week; try a new activity and report back to the class.	Level 1: Social Skills (2 periods) – Developing interpersonal skills and planning collaborative activities for fitness and wellness.