



# Healthy Eating Patterns

name \_\_\_\_\_

## Activity 1

# What's Your Pattern?

**WE ALL HAVE EATING PATTERNS** – favorite foods we like, snacks we go to when we're on the run, and choices that turn into habits. Is your eating pattern healthy, or could it use a nutrition upgrade? Thanks to USDA Dietary Guidelines for Americans, it's now easier to make those upgrades, because the guidelines are based on helping you build a pattern of healthy eating to span your lifetime.

Find out how your current eating pattern stacks up by checking the degree to which you follow each practice listed below. Then take this self-inventory home to share with your family so you can help one another build a healthier eating pattern.

My Eating Pattern	Always 1	Often 2	Rarely 3	Never 4
I eat vegetables with at least one meal a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I fill half my plate with fruit and veggies at each meal. <sup>1</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My family uses cooking methods like roasting, baking, grilling, boiling or microwaving to prepare foods at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I limit sweets to weekends and special occasions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to stay away from packaged foods containing more than 140 mg of sodium per serving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat protein foods like lean meat, poultry, eggs, seafood, beans, peas, lentils, nuts, seeds, soy products.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I choose beverages with less sugar or no added sugars.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drink water.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to food portion sizes and try not to eat more than one serving of the food on my plate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Now figure your score:**

**9-18: Congratulations!** If you have a total of more checks in the **Always** and **Often** boxes, you are doing a great job in following a healthy eating pattern!

**18-27: Room for Improvement.** If your checked-boxes total falls between **Often** and **Rarely**, looks like it's not all bad news, but there is room for improvement.

**27-36: Wake-Up Call!** If you checked mostly **Rarely** and **Never**, it's time to make some improvements in your eating patterns:

- Use the statements in the chart to plan better nutritional choices with your parents at home.
- Shift to healthier foods and beverages.
- Start small. Focus on improving one meal a day. Slowly build toward more.

**Parents!** Your child is participating in a special health and nutrition program presented by the American Egg Board and curriculum specialists Young Minds Inspired, designed to help students establish healthy eating patterns to span their lifetimes, as advised by the 2020-2025 USDA Dietary Guidelines for Americans.

Review your child's answers to the self-inventory and get the family together to discuss plans for continuing or improving a healthy eating pattern. Eggs are a perfect choice to help you—they offer versatility, high-quality protein, economical value and they are dense in nutrients. Learn more about egg nutrition, and find tons of delicious recipes, at [incredibleegg.org](http://incredibleegg.org).

<sup>1</sup>[www.myplate.gov/](http://www.myplate.gov/)

name \_\_\_\_\_

## Activity 2

# Eggtastic Upgrades

### The 2020-2025 USDA Dietary Guidelines for Americans

recommend new and exciting ways to eat healthy by establishing healthy eating patterns across your lifespan. No food gimmicks or tricky diets! Check out these tips:

#### Make Every Bite Count!

1. Follow a *healthy* dietary pattern.
2. Customize and enjoy *nutrient-dense* food and beverage choices.
3. Focus on *meeting MyPlate* food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. *Limit* foods and beverages higher in *added sugars*, *saturated fat*, and *sodium*.

Here are two meal scenarios, for breakfast and lunch, that you might face on any given day. Choose the nutrition option you like best for each. Record it on the lines provided, along with how it supports one of the italicized words in the guidelines above. Use these references to help you fill in the “because”:

- [www.myplate.gov/](http://www.myplate.gov/)
- [www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](http://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)

#### Dinner Search

It’s been a long day and your family can barely think of what to pair with a salad for dinner. Your mom opens the refrigerator and thinks—eggs, the ultimate nutrition upgrade!

Complete this word search to find seven ways to make the ultimate in eggtastic upgrades for any dinner, not to mention for other meals too! Then check out [www.incredibleegg.org/recipes/collections/](http://www.incredibleegg.org/recipes/collections/) to find recipes to enjoy.

### Breakfast Run

You’re running late for school. Choose one of these eggtastic ideas:

- frozen microwaveable egg sandwich, apple, low-fat milk
- hard-boiled egg prepared the night before, low-fat yogurt, banana, whole grain bagel
- microwaved scrambled egg with chopped veggies in a mug, orange, whole grain toast, low-fat milk

I chose \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

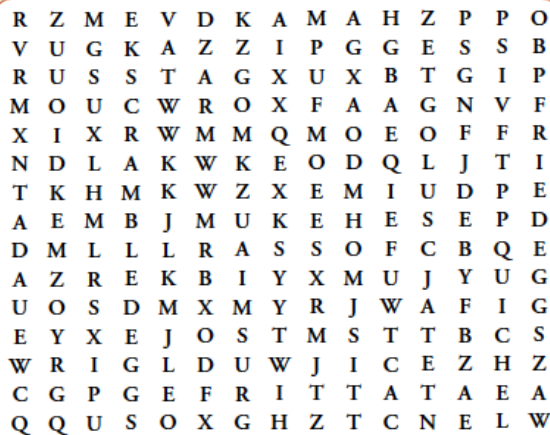
### Lunch Crunch

Your lunchbox meal already includes an egg salad sandwich. Make a nutrition upgrade by replacing a bag of chips with:

- celery sticks
- an orange
- pretzels

I chose \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

Use the **MyPlate Plan** tool to personalize your meal plan and meet your food group needs at [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan).



#### Word Bank

- Scrambled eggs
- Baked eggs
- Egg pizza
- Fried eggs
- Frittata
- Omelet
- Quiche



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## Activity 3

# Eggspress Yourself!

“You are what you eat.”

“Eat to live, don’t live to eat.”

You may have heard these expressions before. They reflect how our eating habits are often an expression of our identity. What does your eating pattern express about you?

When you make eggs part of a healthy eating pattern, you express yourself as knowledgeable about good health. And when you explore the versatility of eggs through the many different ways to prepare and serve them, you express yourself creatively in the kitchen!



**Eggspress yourself by creating combinations of ways to prepare and serve eggs.** Select options from among the categories below to develop your own version of an eggstraordinary dish that will support your own healthy eating pattern. Then try it out at home with your parents’ help!

**Preparation Method**

- Baked
- Fried
- Hard-boiled
- Poached
- Scrambled
- Other \_\_\_\_\_
- \_\_\_\_\_



**Pairing Options**

- Beans
- Cheese
- Chicken
- Cooked veggies (list at least two)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- English muffin
- Ham
- Potatoes
- Rice
- Salad
- Toast
- Tortilla
- Turkey sausage
- Other \_\_\_\_\_

**Flavor and Spice**

- Basil
- Chiles
- Cinnamon
- Curry
- Dill
- Garlic
- Ginger
- Oregano
- Rosemary
- Sriracha
- Tabasco
- Other \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Egg Combo Dish #1**

Preparation Method: \_\_\_\_\_

Pairing Options: \_\_\_\_\_

\_\_\_\_\_

Flavor and Spice: \_\_\_\_\_

\_\_\_\_\_

**Egg Combo Dish #2**

Preparation Method: \_\_\_\_\_

Pairing Options: \_\_\_\_\_

\_\_\_\_\_

Flavor and Spice: \_\_\_\_\_

\_\_\_\_\_

Get crackin’ with egg nutrition! Visit [incredibleegg.org](http://incredibleegg.org) with your parents to find lots more delicious recipes featuring the versatile and economical egg to try at home for any meal of the day!

## Answer Key

### Dear Educator,


The 2020-2025 USDA Dietary Guidelines for Americans provide consumers with a welcome new approach to nutrition choices that emphasize healthy eating patterns that span the lifetime, along with new goals that include following a healthy dietary pattern, enjoying nutrient-dense foods and beverages, meeting MyPlate food group needs with nutrient-dense foods, limiting food and beverages higher in added sugars, saturated fats, and sodium.

The American Egg Board and the award-winning curriculum specialists at Young Minds Inspired (YMI) have teamed up to create this special teaching program to help you introduce the new dietary guidelines to your students. They will learn how eggs contribute to healthy eating patterns and how they support smart nutrition choices because they are versatile, dense in nutrients and low in calories.

We hope you will find these lessons helpful in supplementing the valuable resources already available at [incredibleegg.org/classroom](http://incredibleegg.org/classroom). Be sure to check back periodically for updates. Although the materials are copyrighted, you may make as many copies as needed for educational purposes.

Please comment online at [ymiclassroom.com/feedback-egg-board](http://ymiclassroom.com/feedback-egg-board) to provide feedback. We look forward to hearing from you.

Sincerely,  
Dr. Dominic Kinsley



Editor in Chief  
YoungMinds Inspired

### Target Audience

Middle school students in Health and Nutrition classes.

### Program Objectives

- Introduce students to health and nutrition concepts supported by the 2020-2025 USDA Dietary Guidelines for Americans.
- Educate students on the versatility, function, and nutritional benefits of eggs as part of developing a healthy eating pattern.
- Engage families in re-thinking the family diet by including eggs in pursuit of the goal of maintaining healthy eating patterns for life.

### Standards Alignment

This program aligns with Health and Common Core State Standards for English Language Arts. For details, visit [ymiclassroom.com/egg-board](http://ymiclassroom.com/egg-board).

### How to Use This Program

Download and photocopy this teacher's guide and the three activity sheets, and review the materials for each activity in advance.

### Activity 1

#### What's Your Pattern?

Review with students the highlights of the Dietary Guidelines found at [www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](http://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf) pages 12-13. Then have them complete the self-inventory to determine their current eating habits. Lead a class discussion about the ways in which the statements provide insight into the choices that build a healthier eating pattern. Students should take the activity sheet home to share their self-inventory with parents as they

work toward increasing awareness of establishing healthy eating patterns for the whole family.


### Activity 2

#### Eggtastic Upgrades

Explain to students that they will choose nutrition upgrade options that support the *italicized* words listed under the Dietary Guidelines Tips on the activity sheet for the breakfast and lunch scenarios shown.

Help students consider what each option would add with regard to nutrient density, meeting MyPlate food groups, limiting added sugars and sodium, etc. Explain that students may choose any of the options since each represents a sound nutrition upgrade. However, students must defend their personal choice by explaining how it supports at least one of the italicized words (*e.g., I chose the microwave scrambled egg with chopped veggies because eggs are nutrient dense and veggies meet one of the MyPlate food groups.*) Finally, have students complete the word search.



 For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).





# Healthy Eating Patterns

## Answer Key cont.

### Activity 3

#### Eggspress Yourself!

Use these online resources to help students learn how the nutrition found in eggs aligns with the USDA Dietary Guidelines for Americans, as well as within the **MyPlate** framework:

- [www.incredibleegg.org/wp-content/uploads/2021/04/AEB-Make\\_Every\\_Bite\\_Count\\_Placemat.pdf](http://www.incredibleegg.org/wp-content/uploads/2021/04/AEB-Make_Every_Bite_Count_Placemat.pdf)
- [https://myplate-prod.azureedge.net/sites/default/files/2021-01/DGA\\_2020-2025\\_StartSimple\\_withMyPlate\\_English\\_color.pdf](https://myplate-prod.azureedge.net/sites/default/files/2021-01/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf)

Have students share their combinations with one another before taking the activity sheet home to share with parents.

#### Resources

- American Egg Board: [incredibleegg.org](http://incredibleegg.org)
- USDA: [myplate.gov](http://myplate.gov)
- [ymiclassroom.com/egg-board](http://ymiclassroom.com/egg-board)

