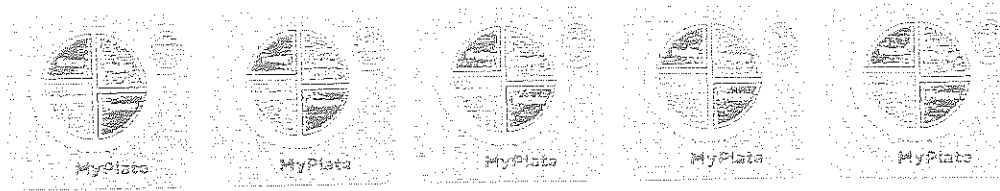


NAME: \_\_\_\_\_

BLOCK: \_\_\_\_\_



# MY PLATE

**DIRECTIONS:** PLEASE USE THE FOLLOWING WEBSITE [HTTP://WWW.CHOOSEMYPLATE.GOV/](http://www.choosemyplate.gov/) TO COMPLETE THE FOLLOWING INFORMATION AND LEARN MORE ABOUT YOUR INDIVIDUAL NUTRITIONAL NEEDS. READ AND FOLLOW THE STEP BY STEP DIRECTIONS CAREFULLY!

## WEBSITE DIRECTIONS

1. Go to <http://www.choosemyplate.gov/>
2. On the left side of the screen, under Popular Topics, click on *SuperTracker*.
3. In the blue area of the screen, click on *Create Your Own Profile*.
4. Complete the 3 steps asked of you. Be sure to use a login/password you will remember. (Hint: Use school login/password.)
5. In the blue bar of the Welcome screen, click *My Plan*.
6. Once your plan is displayed, at the top of page hit PRINT.
7. Exit out of the *My Plan* screen. You should be back at the [choosemyplate.gov](http://www.choosemyplate.gov) home page.
8. By looking at your customized plan printout, what is your daily recommended calorie allowance? \_\_\_\_\_.
9. Go back to home page ([choosemyplate.gov](http://www.choosemyplate.gov) is located on the very bottom of page). Click on the Ten Tips Nutrition Education Series under the Popular Topics.

## GRAINS

10. Click on Make Half Your Grains Whole and record 3 tips that you will use to incorporate more whole grains into your diet.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
11. Using your *My Plan* printout, how much should you personally consume of your grain group daily? \_\_\_\_\_
12. Click on the My Plate green tab and select *Grains*.

13. The Grain group is broken down into whole grains and refined grains. Please list examples of each.

Whole Grains

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Refined Grains

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

14. What are some foods in this group that you could ADD to your diet?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**VEGETABLES**

15. Click on *Vegetables* under *Topics* section on the left part of screen.

16. What are the 5 subgroups of vegetables? Provide an example for each.

Subgroups

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Food Example

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

17. Using your *My Plan* printout, you should personally consume \_\_\_\_\_ of your vegetable group daily.

**FRUITS**

18. Click on *Fruits* under *Topics* section on the left part of screen.

19. In the box labeled *Topics*, click on *Tips to help you eat fruits*.

- What are 3 tips to help you eat more fruit?
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

20. Using your *My Plan* printout, you should personally consume \_\_\_\_\_ of your fruit group daily.

**DAIRY**

21. Click on *Dairy* under *Topics* section on the left part of screen.

22. List a health benefit for each nutrient

- Calcium: \_\_\_\_\_
- Potassium: \_\_\_\_\_
- Vitamin D: \_\_\_\_\_

23. Using your *My Plan* printout, you should personally consume \_\_\_\_\_ of your milk group daily.

**PROTEIN FOODS**

24. Click on *Protein Foods* under *Topics* section on the left part of screen.

25. Most meat and poultry choices should be \_\_\_\_\_ or \_\_\_\_\_.

26. Using your *My Plan* printout, you should personally consume \_\_\_\_\_ of your meat and beans group daily.

**OILS**

27. Click on *Oils* under *Topics* section on the left part of screen.

28. List 3 foods that are mainly oil that you should use sparingly in your diet.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

29. In the box labeled *Topics*, click on *Why is it important to consume oils?*

- Please write one reason why these oils should be in your diet.

\_\_\_\_\_

30. Using your *My Plan* printout, your allowance for oils is \_\_\_\_\_.

**PHYSICAL ACTIVITY**

31. Click on the *Physical Activity*, in the green box at the top of the screen.

- Physical activity means: \_\_\_\_\_
- \_\_\_\_\_

32. What are 3 moderate and 3 vigorous physical activities you could participate in?

Moderate

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Vigorous

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

33. Children and adolescents should do \_\_\_\_\_ minutes or more of physical activity each day.

34. In box labeled *Topics*, click on *Why is it important?*

- What are 5 benefits of physical activity?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

35. In the box labeled *Topic*, click on *Tips For Increasing Physical Activity*.

- What are 5 creative ways to increase physical activity in your day?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

36. After reviewing the Choose My Plate website, describe why this site would be useful for others use (give at least 3 supporting examples).

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_