MYStudent Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

“MyPlate Food Guide”

http://kidshealth.org/teen/nutrition\_fitness\_center/nutrition/myplate.html#cat20754

This work sheet is to be used in conjunction with the Library reading of “MyPlate Food Guide” which can be located on the

Seneca Library Website.

Please read the article and respond to the following questions:

1. Why do you think the U.S. Department of Agriculture (USDA) decided to develop a new plate graphic, called MyPlate?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How many sections are on the “plate” and what exactly do all the colors represent?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The cup on the side of the plate is for which food group?\_\_\_\_\_\_\_

3. According to the Basic 5 Guidelines, “half your plate” should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Instead of drinking soda, sports drinks, and other sugary drinks, you should drink: \_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_ milk

And also WATER!!

4.One of the LARGEST sections on the plate is VEGETABLES and it is colored \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Adult Americans and children do not eat enough vegetables, but that is a shame because they provide many of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ we need for GOOD health.

5. What else do we know about vegetables?

Vegetables are LOW in \_\_\_\_\_\_\_\_\_\_\_\_\_.

Vegetables are HIGH in \_\_\_\_\_\_\_\_\_\_\_\_\_.

This makes vegetables especially beneficial for us to eat in LARGE

quantities.. **Explain the “rationale” for the above statement**. How can those facts help fight adolescent obesity for example?  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. If we choose a variety of colors when we choose our veggies this will ensure that we take in a variety of what?\_\_\_\_\_\_\_\_\_\_\_

7. When we talk about “grains” what is meant by that word. This Food Group includes which foods? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. What is the difference between “whole” grains and “refined” grains? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give 3 examples of foods which are whole grain: a)\_\_\_\_\_\_\_\_\_\_\_

b)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. What does the word enriched mean?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Protein foods, such as meat, eggs and poultry, help the body to perform which functions? (Name 3) \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_ tissues.

11. High protein foods are high in which nutrients? (List 2)

a) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and b) \_\_\_\_\_\_\_\_

12. Dairy foods is where we can obtain most of our calcium nutrition. If you don’t like to drink milk, where else can you obtain your calcium? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (In the article)

13. You should try to obtain as many food Groups as you can, but any Groups that are missing you can add them into another meal later on in the day.

On the following lines, develop a dinner for yourself that ***you would like to eat***, and then label which parts of the MyPlate Food Groups (Fruits, Vegetables, Protein, Grain, Dairy) you were able to incorporate.

My PERSONAL favorite well-balanced Dinner choices are:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Beverage)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Dessert)—not required

14. The article states that: “ How much we eat is tied to how much we exercise”. Explain exactly what is meant by that phrase: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. How much anyone *should weigh* depends on age, gender, body build, and activity level. What would be the safest way to determine the number of calories you require as well as find out recommendations about which foods you should eat and how much? To consult with your personal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

For more information please visit: ChooseMyPlate.gov