

Name _____ Foods 1, Period ____ Kitchen ____
MY PLATE + FOOD GUIDE PYRAMID 2005

Select three pyramids (One blank and two with the food groups.) and an action figure.
Before you cut each out complete the activities below:

1. Side one (A triangle with the food groups.)
Draw and label 6 foods in each food group.
Each food should be colorful, recognizable and labeled correctly.
(Do not show foods in fats, oils and sweets as it is too small.)
2. Side two (A triangle with the food groups.)
Check out your nutrient information page. Read what foods are in each nutrient and where the food is found. For example under protein the foods include items from the Meat, poultry, fish, eggs, nuts, and dry beans and under the Milk, yogurt and cheese Group. Therefore, you would write the word protein in both groups on the pyramid. Continue with all the nutrients.
3. Side three (The triangle with 3 my plate diagrams)
Draw a healthy diet for 3 meals plus snacks. Fill in the menus you have decided on and the snacks. Make sure to include all the information so that the number of servings are correct for a teen.
4. On the action figure use the steps to show at least 3 activities that you participate in and pictures of the activities. (Use small stick figures)

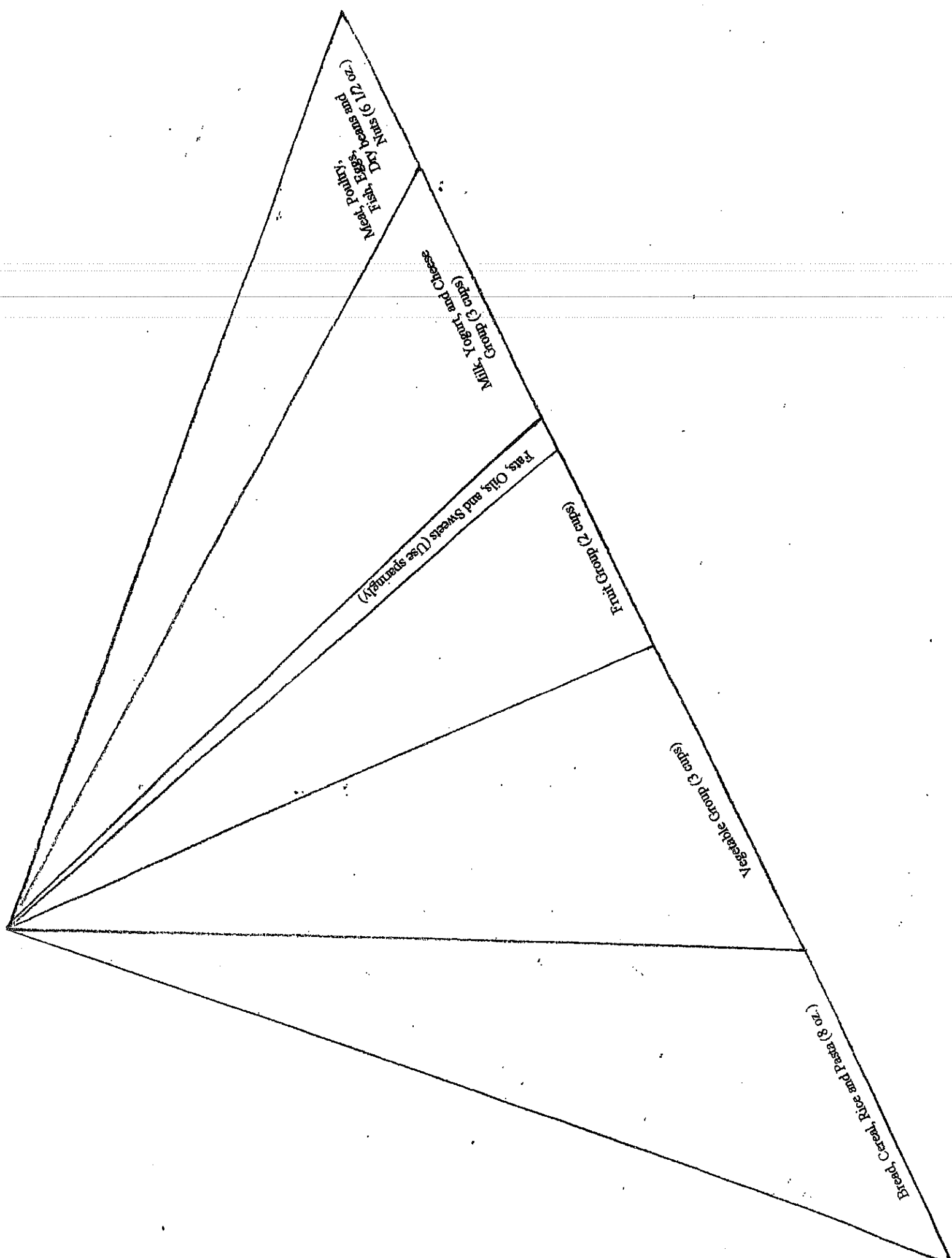
Cut out the action figure including the part of the triangle and the three triangles.
Glue the action figure to the back of one triangle. Tape the rest of triangles together.

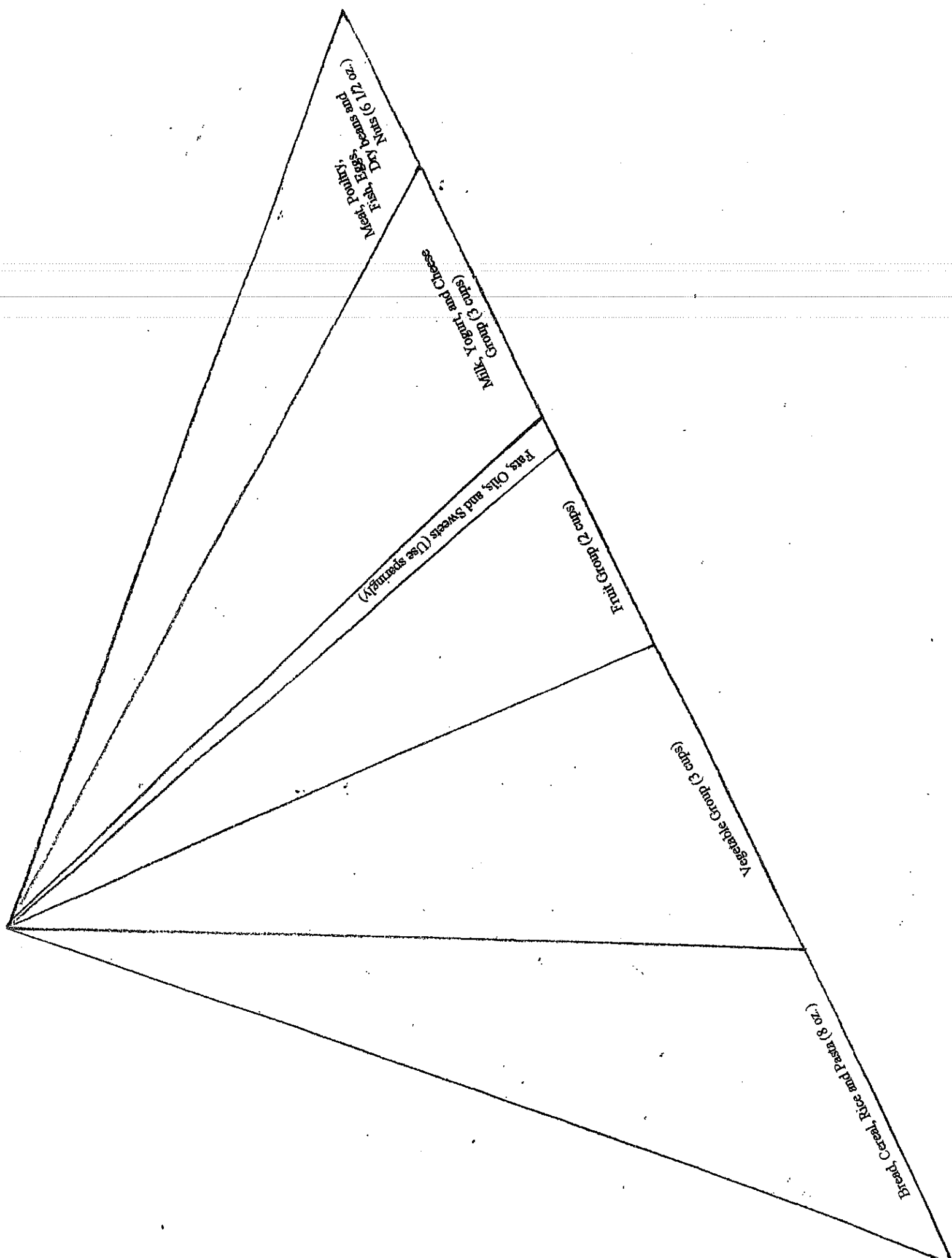
- _____/60 Side one 30 foods in color
- _____/60 Side two 40 nutrients and the pyramid in color
- _____/60 Side three meal plan
- _____/30+ Action figure activities
- _____/60 Menu for one day with correct calculations
- _____/20 Assembled and turned in on due date!!!!

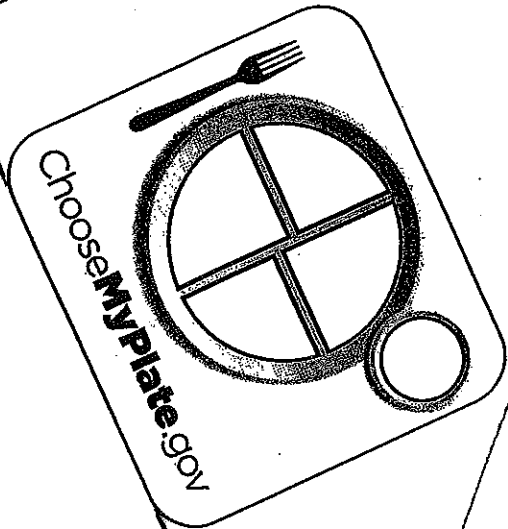
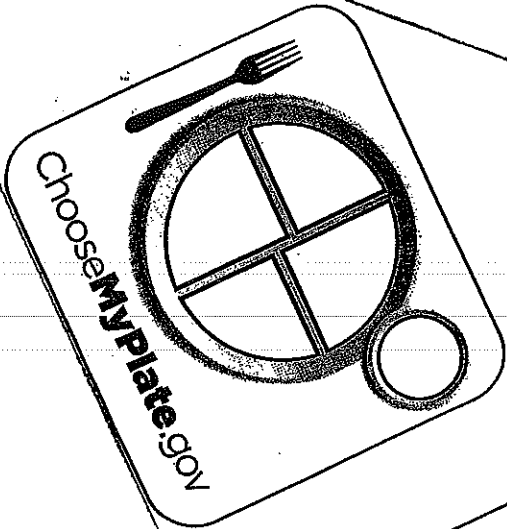
TOTAL _____/300 Due on _____

Work days in class _____
Grade your own pyramid and turn in on or before due date.
Grade and effort _____ Justify this grade. _____









Protein	Builds and repairs body tissues Builds antibodies, the blood components that fight infection.	Meat, fish, poultry, eggs, cheese, milk, and milk products, legumes, nuts.
Carbohydrate	Supplies energy. Helps in use of fats	Bread, cereal pasta, rice potatoes, fruits, sugars and syrup.
Fat	Supplies energy Helps in absorption of fat soluble vitamins (A,D,E. and K)	Margarine, butter, oils, salad dressings, nuts, Cheese, meats
Thiamin (B-1)	Releases energy from carbohydrates. Promotes normal growth and appetite.	Pork, organ meats, enriched and whole grain bread and cereals, nuts, seeds, legumes.
Riboflavin (B-2)	Maintains healthy skin and eyes. Maintains a normal nervous system. Releases energy to cells during metabolism.	Organ meats, white flour, whole grain flour, breads, milk.
Niacin	Helps growth and development. Maintains nervous system and gastrointestinal tract.	Organ meats, poultry, peanut butter, milk, eggs, fish, beef and legumes.
Vitamin B-6	Helps turn food into energy. Make hormones. Helps athletes train harder.	Especially meat, fish, banana, beef, ham, egg yolk, cabbage, spinach.
Folic Acid	Builds red blood cells. Prevents birth defects such as spinal bifida. Helps with a healthy heart.	Organ meats, poultry, legumes, eggs, green leafy vegetables, oranges, bananas mushrooms.
Vitamin B12	Making healthy red blood cells. Keeps your mind alert and sharp. Helps prevent and treat heart disease.	Organ meats, beef, pork, fish and shell fish, milk and milk products, eggs.
Vitamin C	Builds healthy teeth and gums. Maintains strong blood vessel walls. Makes the connective tissue collagen.	Citrus fruit, strawberries, pepper, potatoes, broccoli cauliflower, spinach.

Vitamin A	Protect your vision. Boost your immune system. Prevent cancer and heart disease. Healthy skin.	Apricots, peaches, spinach carrots, turnip greens, tomato Cheese, liver, egg, milk,
Vitamin D	Enhances calcium to maintain healthy bones and teeth. Prevents colon, breast and ovarian cancer. Helps your nerves send messages.	Sunshine, fortified milk and milk products, salmon, tuna, shrimp, eggs.
Vitamin E	Protects fat in body tissues from oxidation. Gives you extra protection.	Vegetable oil, margarine, salad oil, egg yolk, almonds sunflower seeds, P.B., sweet potato.
Vitamin K	Gets blood to clot.	Liver, broccoli, cabbage, cauliflower, spinach, turnip greens, tomato.
Calcium	Maintains strong bones. Promotes healthy nerve function. Prevents osteoporosis.	Milk and milk products, sardines, salmon, mackerel, oysters, soybeans, tofu, nuts and seeds.
Iron	Transports oxygen and CO2 to and from the lungs. Helps form red blood cells.	Meats, enriched bread and cereal, legumes, dried fruit. Cream of wheat cereal.
Zinc	Helps energy metabolism. Helps tissue formation. Helps with testosterone production.	Shellfish, oysters, nuts, eggs, Whole grains, seeds and Sprouts, poultry, soy products
Magnesium	Helps your heart pump regularly. Helps keep your blood pressure normal.	Almonds, black, white and kidney beans, lentils, tofu, peanuts, Swiss chard.