## MyPlate Review - Chapter 3, pages 63 through 68

1. Please read pages 63 through 68 in your textbook.
2. Write a one paragraph summary of the information presented about MyPlate. Begin by writing notes on a piece of lined paper about the following details of MyPlate:

- A general description of MyPlate and why it was released in 2011.
- The government agency that sponsors MyPlate.
- The goals of MyPlate.
- The purpose of the MyPlate guidelines.
- The functions provided on the ChooseMyPlate.gov website.
- The types of information that can be found on the ChooseMyPlate.gov website.


## HAMBURGER PARAGRAPH Topic: "What You Need to Know About MyPlate.gov"

Introductory Sentence

Point and Detail Sentences
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## Point and Detail Sentences

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## Point and Detail Sentences

## Closing Sentence

3. The Myplate icon helps people visualize how the food groups fit together to build a healthy plate at mealtime. Draw the portion divisions, label, and color the MyPlate logo as shown on page 64:

4. Visit ChooseMyPlate.gov and use the interactive tool Daily Food Plan to create and print out a personalized plan of how much food you need daily from each food group. Staple the copy of your personalized plan to the back of this packet.

- Personalized daily food need calculation: $\qquad$ calories
- What information did you need to input to acquire your personalized plan?
- What factors might make it difficult for some people to follow the MyPlate food guidance system?
- What foods from the protein foods group would fit into a vegetarian diet?

5. Choosing nutrient-dense forms of foods from each food group will allow people to stay within their calorie limits. Fill in the table with information about the MyPlate food groups:

| MyPlate Food <br> Group | List five examples of <br> foods in this food group <br> (page 66): | Page 67 - What is the <br> recommended daily <br> intake from this food <br> group for a person <br> whose calorie level is <br> 2400 calories per day? | Give examples of <br> foods and their <br> amounts that equal a <br> 1 ounce-equivalent in <br> the Grains and <br> Protein Groups: |
| :--- | :--- | :--- | :--- |
| Grains Group |  |  |  |
| Vegetable <br> Group |  |  |  |
| Fruit Group |  |  |  |



## So How Much is One Serving?

## Milk products group:

1 cup about 8 oz. of milk or yogurt
2 slices of cheese, $1 / 8$ " thick ( $11 / 2 \mathrm{oz}$.)
2 cups of cottage cheese
$11 / 2$ cups of ice milk, ice cream or frozen yogurt

## Meat group:

2 oz . to 3 oz . of cooked lean meat, poultry, fish 2 eggs
7 oz. tofu
1 cup cooked legumes or dried beans or peas 4 tablespoons peanut butter $1 / 2$ cup nuts or seeds

## Vegetables:

1/2 cup cooked vegetables
1/2 cup raw chopped vegetables
1 cup raw leafy vegetables
1/2 to 3/4 cup vegetable juice

Fruits:
1 whole medium fruit (about 1 cup)
1/4 cup dried fruit
1/2 cup canned fruit
$1 / 2$ to $3 / 4$ cup fruit juice

## Bread and Cereals:

1 slice bread
1 medium muffin
$1 / 2$ hot dog bun or hamburger bun
1/2 bagel or English muffin
4 small crackers
1 tortilla
1 cup cold cereal
1/2 cup cooked cereal
1/2 cup rice
1/2 cup pasta.

