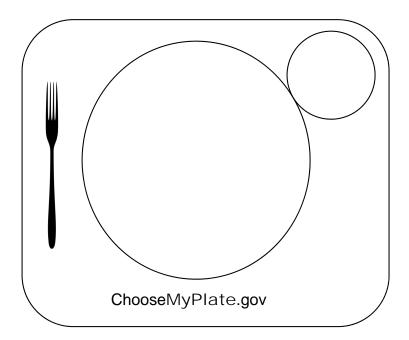
MyPlate Review - Chapter 3, pages 63 through 68

- 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				
Point and Detail Sentences				
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:

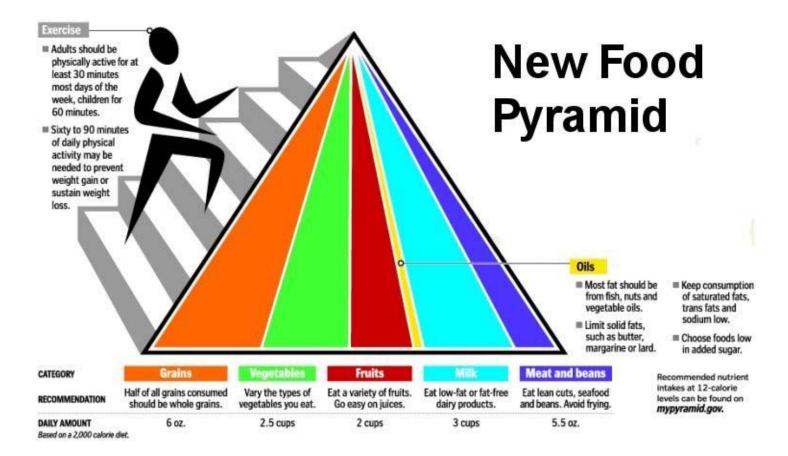


- 4. Visit ChooseMyPlate.gov and use the interactive tool Daily Food Plan to create and print out a personalized plan of how much food you need daily from each food group. Staple the copy of your personalized plan to the back of this packet.
 - Personalized daily food need calculation: _____calories
 - 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 Group	List five examples of foods in this food group (page 66):	Page 67 - What is the recommended daily intake from this food group for a person whose calorie level is 2400 calories per day?	Give examples of foods and their amounts that equal a 1 ounce-equivalent in the Grains and Protein Groups:
Grains Group			
Vegetable Group			
Fruit Group			
Dairy Group			
Protein Foods Group			
Oils			



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 (1 1/2 oz.)
- 2 cups of cottage cheese
- 1 1/2 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.