[United States Department of Agriculture](http://www.usda.gov/)  
Illustration of food groups, oils, and physical activity

Name-

Mods-

Directions: Use this sheet as a guide for experiencing the government website to learn about the updated Food Guide Pyramid and healthy lifestyle choices. Follow each step and complete each question. Use complete sentences.

1. Go to <http://www.choosemyplate.gov>
2. Who is the sponsor of this website?
3. List the 5 food groups and the color that represents each.

   * Under “Related Topics” what is the 6th food group?

**Look under popular topics. Click on more (bottom highlighted in blue). Click on selected messages for consumers.**

1. List the two recommendations under “Balancing Calories.”
2. List the three recommendations under “Foods to Increase”
3. List the two recommendations under “Foods to Reduce.”

**Click on each food group to answer the following questions.**

**Grains**

1. What is the KEY CONSUMER MESSAGE?
2. What are the two subgroups?
3. Explain the difference between these two subgroups
4. When a food is “enriched” what is NOT added back to it?
5. Click on a view grains food gallery. What does the gallery provide to help you understand serving size (portions)?

**Vegetables**

1. What is the KEY CONSUMER MESSAGE?
2. List the five subgroups of vegetables?

**Fruits**

1. What is the KEY CONSUMER MESSAGE?
2. Click on Health benefits and nutrients.
3. List the 4 important nutrients that fruits provide for your diet?

**Dairy**

1. What is the KEY CONSUMER MESSAGE?
2. Which foods made from milk are NOT included in this group?

**Scroll to the bottom and read \*selection tips to find the answers**

1. What should you choose from the milk group?
2. What are discretionary calories (click on empty calorie)?

**Protein**

1. What is the KEY CONSUMER MESSAGE?
2. How lean should your ground beef choices be (\*Selection Tips at bottom, look for a %)?

**Oils**- **(while still in protein, look under *Related Topics* on right and click on oils)**

1. List 3 foods that are mainly oil.

**At the top of the webpage go to Weight Management and Calories and click on calories**

1. What are solid fats?
2. List 3 foods that are solid fats.
3. In your own words, how would you describe **empty calories** ?
4. What are **added sugars**?
5. List 5 foods that contain most of the added sugars in American diets:
6. Reading the ingredient label on processed foods can help to identify added sugars. List 10 names for added sugars on food labels.
   1. f.
   2. g.
   3. h.
   4. i.
   5. j.

Directions: Click on the following: Home, (under Spotlights) Supertracker and other Tools, Daily Food Plan (bolded in blue and underlined in first sentence). Submit your information. Copy down the provided information in the chart.

|  |  |
| --- | --- |
| Food Group | Ounces/Cups |
|  |  |
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1. Is this information recommended daily, weekly or monthly?
2. How much “whole grains” should you have a day?
3. How many teaspoons of “oils” should you have a day?
4. How many cups of each subgroups of vegetables should you have weekly?

Directions: Go to Supertracker and other tools. Click on BMI Calculator. Click on BMI Calculator highlighted in blue and underlined in first sentence. Click on Child and Teen BMI Calculator and enter your information.

1. What is your BMI (#)?
2. What does this mean for you?
3. What should you do?

\*If you get done and have extra time, you can continue to explore ChooseMyPlate.gov. Here are some suggestions-

* + Continue entering foods you have already eaten on Food Planner, or plan a menu for your family.