

Health Influences-Choose the Right Plate . . .

Pyramid Update

Name: _____ Period: _____ Score: _____

Food Update and Review

Activities: What will we be doing?



- New** Dietary Guidelines
- New** My Plate Icon
- Review activities.
- Assessment

Technology Research:

[USDA's MyPlate - Home page](#)
(Nutrition Info)

Video:

http://www.metacafe.com/watch/6532267/myplate_is_in_supermarkets_the_individual_states/

USDA News & Video

<http://politics.blogs.foxnews.com/2011/06/02/video-usda-says-plate-new-pyramid>

Vocabulary

- Guidelines:
 - **Balance:** Calories and Exercise
 - **Increase:** Fruits & Vegetables, Make ½ your grains whole, drink 1% or skim milk.
 - **Reduce:** Sodium and sugary drinks.
- Nutrients and Functions

Step 1: Build a Healthy Plate: List the parts of the plate.



Step 2: Choose the right amount of Total Servings for you!

Directions: List how many servings you should have for your age group and gender.

Amounts Recommended	Male: 9-13Years	Female: 9-13 Years
Fruits (Cups)		
Vegetables (Cups)		
Grain (Ounces)		
Protein (Ounces)		
Dairy (Cups)		

Step 3: Where do each of the foods belong? Direction: Using the foods listed on the following page; decide which spot on the plate each of the foods would belong.

Fruits	Vegetables	Grain	Protein	Dairy	Fats/Oils



Nutrient Facts

Directions: Check the “Nutrient Note” pages in the blue notebooks to help you complete the following review sheet. Write a short statement or draw a picture representing the answers for each of the following questions.

1. Calcium	1a. How can it help?	2. CHO	2a. How can simple CHO help?		3. Fat	3a. How can it help? -	
1b. Which disease can it prevent?		2b. How can complex CHO help?			3b. How can it hurt you? -		
1c. Where can you find it?		2c. Where can you find it?			3c. Where can you find it?		
4. Fiber	4a. How can it help? -	1. Calcium	2. Carbohydrates	3. Fat	5a. How can it help?	5. Iron	
4b. What is a 2 nd way it can help you? -		4. Fiber	<u>Nutrient Facts</u>	5. Iron	5b. What is a 2 nd way it can help you?		
4c. Where can you find it?		6. Protein	7. Vitamin A	8. Vitamin C	5c. Where can you find it?		
6a. How can it help?		7a. How can it help? -			8a. How can it help?		
6b. What is a 2 nd way it can help you?		7b. What is a 2 nd way it can help you?			8b. What is a 2 nd way it can help you?		
6. Protein	6c. Where can you find it?	7. Vitamin A	7c. Where can you find it?		8c. Where can you find it?	8. Vitamin C	

Evaluate Your Diet: (Use complete sentences to explain your answers!)

1. Is your plate usually filled as recommended? If not what are you missing?

2. Which guideline(s) do you need to try to improve? (Circle your choice and tell why you selected this choice.)
 - a. Balance calories with exercise
 - b. Increase fruits and vegetables
 - c. Making half your grains whole
 - d. Drinking 1 % or skim milk
 - e. Selecting foods lower in sodium
 - f. Selecting less sugary drinks

Explain your choices . . .

Resource List:

List #1: Plate Headings:

Dairy, Fruits, Grain, Protein foods, Vegetables

List #2: Serving Amounts

Serving Tips:	
2 cups	1 whole food = about 1 cup
2 ½ cups	1 whole food = about 1 cup except for leafy ones
3 cups	8-ounce glass
6 ounces	1 slice = 1 ounce
5 ½ ounces	Deck of cards = 3 oz.

List #3: Foods	Foods
_____ Apricots	_____ Potato Chips
_____ Brown Rice	_____ Pudding
_____ Cantaloupes	_____ Raisins
_____ Chocolate Milk	_____ Shrimp
_____ Eggplant	_____ Sour Cream
_____ Honey	_____ Spinach
_____ Hot Dog Buns	_____ Sunflower Seeds
_____ Jelly	_____ Swiss cheese
_____ Kidney Beans	_____ Tofu
_____ Lima Beans	_____ Yogurt
_____ Mangoes	_____ Zucchini
_____ Oatmeal	

List #4: Nutrients/Food Groups/ Functions

Check the "Nutrient Notes" found in the blue notebooks. This table may be used as a practice activity, but will not be graded.

Nutrients	Food Groups	Functions
Calcium, Vitamin D Phosphorus,		Healthy bones and teeth
Complex CHO		Long lasting energy
Fats		Energy; keeps skin smooth; transports at-soluble vitamins.
Fiber		Digestion; may lower the risk of cancer
Iron		Healthy blood
Protein		Growth and repair of body cells. (Including muscle growth)
Simple CHO		Short bursts f energy
Vitamin A		Healthy skin and eyes
Vitamin B		Digestion, appetite, healthy nervous system
Vitamin C		Fights infection; heals wounds; keeps gums healthy (prevents scurvy)

