

Pyramid Review Cards: Add facts on the cards left blank. Cut cards apart. Use for review.

Pyramid Update Note Cards:

Question: What does the guy going up the steps on the side of the pyramid represent? What amount is recommended for teens?

Answer: Exercise is part of the new pyramid. 60 minutes most days. If one needs to loose, then 90 is recommended.

Pyramid Update Note Cards:

Question: Explain the phrase - "Vary your veggies."

Answer: Select dark green veggies, next orange - these are most nutritional. Example: Broccoli is more nutritional than ice berg lettuce.

Pyramid Update Note Cards:

Question: Explain what foods go at the top of the pyramid and which foods are at the bottom. Why?

Answer: Eat more nutrient rich foods - located at the bottom (wide area). Eat less nutrient rich foods less often. (These are located at the top - narrower section.)

Pyramid Update Note Cards:

Question: Explain the phrase - "Go lean with protein."

Answer: Eat lower fatty meats like chicken and fish. Prepare them without adding more fat - like grilling, baking, broiling. Eat less fried foods.

Pyramid Update Note Cards:

Question: Explain the phrase - "Make $\frac{1}{2}$ your grains whole."

Answer: Half of the grains you eat should be whole grain. That means all 3 parts of the grain are used. If foods are enriched, only the endosperm is used.

Pyramid Update Note Cards:

Question: Some fat is needed for your immune system and energy. Where should you try to get most of your fat intake?

Answer: fish, nuts, vegetable oils.

Pyramid Update Note Cards:

Question: Explain the phrase - "Balance food intake and exercise."

Answer: Too much food and not enough exercise may lead to obesity. Too little food and too much exercise may lead to eating disorders.

Pyramid Update Note Cards:

Question: Explain the phrase - "Focus on fruits."

Answer: Eat a variety of fruits - fresh, frozen, canned. But stay away from too much juice with added sugar.

Pyramid Update Note Cards:

Question: What are discretionary calories?

Answer: Extra sugar, fat, and sodium. Each person gets a few! Check your table to see how much you get.

Pyramid Update Note Cards:

Question: For most meals, how should you try to divide your plate between grain, meat, fruits, vegetables, and fruit?

Answer: $\frac{1}{2}$ should be fruits and vegetables, $\frac{1}{4}$ should be grain and meat, and $\frac{1}{4}$ should be dairy

Pyramid Update Note Cards:

Question: Explain the phrase - "Eat calcium rich foods."

Answer: Eat foods high in calcium for bone growth and development. But remember go lean with protein - this applies to dairy foods also.

Pyramid Update Note Cards:

Question:

Answer:

Pyramid Update Note Cards:

Question: 2000 calorie intake is the average number. Remember yours may differ, but for class we will discuss these. What amounts should we try to get for each group?

Answer: Grain 6 oz., Vegetables $2\frac{1}{2}$ cups, Fruits 2 cups, Milk 3 cups, Meat $5\frac{1}{2}$ ounces

Pyramid Update Note Cards:

Question:

Answer:

Pyramid Update Note Cards:

Question: What website will help you to find out how many calories you should eat daily? What information do you need to record on the site before it can make accurate recommendations?

Answer: www.mypyramid.gov
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Pyramid Update Note Cards:

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