MyPlate Webquest Worksheet

Directions: Use this sheet as a guide for experiencing this government website. At the conclusion of this activity prepare a poster, PowerPoint or video using the information you have collected.

**MyPlate**

1. Log on to <http://www.choosemyplate.gov>
2. Who is the sponsor of this website?
3. Click on MyPlate, what are the 5 food groups AND their subtitles?
4. FRUITS: What is the key consumer message?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What counts as fruits:
* The amount of fruit you need depends on:
* How much do you need?
* How much counts as a 1 cup serving:
* How many grapes?
* How many strawberries?
* How much dried fruit?
* What are the benefits of eating fruit?
* Name two nutritional benefits of fruits:
* Tips for eating fruit

For the best nutritional value what should you do?

1. VEGETABLES: What is the key consumer message?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What counts as vegetables?
* Vegetables are divided into 5 subgroups. Name them AND give two examples of each group
* How much do YOU need?
* What counts as 1 cup
* Raw leafy greens
* Baby carrots
* Baked potato
* Cucumbers
* Peas

Name two benefits of eating veggies

In general what are 6 tips for vegetables

Why are beans and peas included in the vegetable group?

6. GRAINS: What is the consumer message? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What foods are in the grain groups:
* What are the two groups of grains? Define each one.
* How many ounces grains do you need daily?
* What is considered an ounce of grain
* How many slices of bread?
* How many whole wheat crackers?
* What size muffin?
* How much popcorn?
* How much cooked rice?
* Name 2 benefits of grains?
* Name two grains other than wheat or rice?

7. PROTEIN FOODS: What is the key consumer message: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What foods are in the protein group?
* How many ounces of protein do YOU need?
* What counts as one ounce of protein?
* Meat?
* Egg?
* How many almonds?
* Cooked Beans?
* Tofu?
* Why is it important to choose lean (low fat) choices of protein foods?
* Protein nutrients: What do high in saturated fats do to your body?
* What does vary your protein choices mean?
* Protein sources from the Protein Foods Group for vegetarians include:

8. DAIRY: Key consumer message:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, are not included. Name them

* How much food from dairy do you need?
* What counts as a cup of dairy
* Milk?
* Shredded cheese?
* Sliced processed cheese?
* Low fat Cottage cheese?
* Name 2 health benefits of dairy products
* Why is it important to make low-fat or fat-frees choices?
* Tips for making wise choices:
* If you can’t consume milk products how should you get your calcium?

9. OILS:

* What are oils?
* How are oils and solid fats different?
* What are the health concerns of consuming saturated fats and transfats?
* Why is it important to consume oils?
* What is MUFA?
* What is PUFA?
* What is your allowance?
* How many teaspoons of oil are in?
* 1 Tablespoon margarine?
* 1 Tablespoon peanut butter?
* 1 oz. sunflower seeds

**WEIGHT MANAGEMENT AND CALORIES (The next green tab at top)**

**SUPERTRACKER AND OTHER TOOLS ( GREEN TAB AT THE TOP)**

1. Go to the Daily Food Plan and print out your results.

2. FOOD LOG ASSESSMENT— Use the log I have given you to write down what and how much you eat and drink for 2 day2. (20 points)

3. Go to *SuperTracker* and enter the foods you ate for one day.

First you need to set up your profile on SuperTracker.

4. Enter the foods you ate from your two day log. Print the bar graph analyzing each day. (20 points)

5. Look at the graph, what food groups do you need to eat more of and/or less of?

6. Empty calories come are defined as:

7. Where do empty calories come from in our diet?

7. Determine your BMI with the BMI calculator.

8. Go to Portion Distortion and take each quiz – Portion Distortion I and II. Tally your scores: right:\_\_\_\_\_\_\_ \_\_\_ wrong:\_\_\_\_\_\_\_\_\_\_\_