**MYPLATE --MENU PLANS**

**Plan menus for 2 days, meet your recommended requirements for each day.**

**Use Myplate.gov food tracker.**

**Log into your account to find your daily requirements.**

**Print your reports for each day-“meal summary” and “food groups and calories”.**

**Follow the guidelines below and the meal planning directions for the assignment.**

**MENUS:**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Met all requirements** | | **Lacking 1** | | Lacking 2 | | Lacking 3 or more | |  |
| **Points possible for each day’s menu** | **10** | | **8** | | **6** | | **4** | | **Points possible** |
|  | **Day 1** | **Day 2** | **Day 1** | **Day 2** | **Day 1** | **Day 2** | **Day 1** | **Day 2** |  |
| **requirements** |  |  |  |  |  |  |  |  |  |
| **All 5 food groups**  **at *each meal*** |  |  |  |  |  |  |  |  | **\_\_\_X 2= /40** |
| **Met *daily* goals**  **in each**  **food group** |  |  |  |  |  |  |  |  | **\_\_\_x2= /40** |
| **No repetition of food (except milk)** |  |  |  |  |  |  |  |  | **/20** |
| **3 subgroups of vegetables each day** |  |  |  |  |  |  |  |  | **/20** |
| **Half your grains are whole** | Lack  ½ oz. | | Lacking  1-2 oz. | | Lacking  2 ½ oz. –3 ½ oz. | | Lacking 4 or more oz. | |  |
|  |  |  |  |  |  |  |  | **/20** |
| **Daily calorie needs** | **+/- 200 calories** | | OK  (marked on MyPlate report) | |  | | Over or under (marked on MyPlate report) | | **/20** |
|  |  |  |  |  |  |  |  |  |
| **Extra calories**  **(sugar and fat)** | over 100 | | over 101-200 | | **over 201-300** | | over 300 | |  |
|  |  |  |  |  |  |  |  | **/20** |
| **Meet your oil goals** | **+/-1 tsp** | | **+/- 2 tsp** | | **+/- 3 tsp** | | **+/- 4 tsp** | |  |
|  |  |  |  |  |  |  |  | **/20** |
| **TOTAL POINTS \_\_\_\_\_\_\_/200** | | | | | | | | | |