

Name: _____ Hr. _____ Date: _____

My Plate (Note Taker)

Directions: Follow along and take notes!

A. What is MyPlate?

B. What did we use to use as a nutritional guide?

C. How long did we use the old guide for? _____

D. What year did this change? _____

E. What do we use now?

F. List the FOUR SECTIONS!

- | | |
|----------|------------------|
| 1. _____ | % of plate _____ |
| 2. _____ | % of plate _____ |
| 3. _____ | % of plate _____ |
| 4. _____ | % of plate _____ |

G. What are the four components accompanied by?

H. What are the four vegetable subgroups?

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

I. Any fruit or _____% fruit juice counts as a member of the fruit group.

J. What are the two grain subgroups?

1. _____
2. _____

K. At least half of the grains you eat should be

L. Give at least one reason PROTEIN is important to your diet...

M. What is the website where you can find this information?

N. What ARE Your Favorite's?

3 examples of fruit

3 examples of vegetables

3 examples of protein

3 grains

1.

1.

1.

1.

2.

2.

2.

2.

3.

3.

3.

3.

O. What counts as a cup of dairy?

P. 3 examples of Dairy

1. _____

2. _____

3. _____

Q. List one food that is naturally high in oil _____

R. Oils are _____ a food group.

S. List three oils that can be used for cooking!

1. _____

2. _____

3. _____

THE END.

T. Now you can design your own well-balanced meal! **AND GO!**



