

Health  
Website to use - ChooseMyPlate.gov

Fruits:

1. What's in the fruit group?
2. List your three favorite fruits.
3. How much fruit is needed daily for you specifically?
4. What counts as a cup of fruit?
5. What are three health benefits of eating fruit?
6. What do these nutrients do for your body:
  - a. potassium
  - b. fiber
  - c. vitamin C
  - d. folic acid
7. What are three ways to get the best nutritional value from fruits?

Vegetables:

8. What foods are in the vegetable group?
9. List the 5 subgroups vegetables are organized in.
10. How many vegetables are needed daily for you specifically?
11. What are three health benefits of eating vegetables?
12. What does vitamin A do for your body?
13. What are three ways to get the best nutritional value from vegetables?
14. Explain how beans and peas are unique foods.

Grains:

15. What foods are in the grains group?
16. What are the two subgroups of grains?
17. When grain is milled, what happens to the grain?
18. When looking at a food label, what does "enriched" mean?
19. How many grain foods are needed daily for you specifically?
20. What counts as an ounce equivalent of grains?
21. What are three health benefits of whole grains?
22. What do these nutrients do for your body:
  - a. B vitamins
  - b. Iron
  - c. Magnesium
  - d. Selenium
23. What are three tips to help you eat more whole grains?
24. What are three things to look for on a food label when picking whole grains?

Protein:

25. What foods are in the protein group?
26. How much food from the protein group is needed daily for you specifically?
27. What counts as an ounce equivalent in the protein group?
28. List three health benefits of eating protein.
29. Explain what LDL is?
30. What kind of food contains cholesterol?
31. Why is it important to eat 8 ounces of seafood per week?

32. List three tips to making wise choices in the protein group.
33. List five ways to keep protein safe to eat.
34. List three ways vegetarians can get adequate protein.

Dairy:

35. What foods are included in the dairy group?
36. How much food from the dairy group is needed daily for you specifically?
37. What counts as a cup in the dairy group?
38. List three health benefits of choosing foods from the dairy group.
39. What do calcium and vitamin D do for your body?
40. Why is it important to choose fat free or low fat choices from the dairy group?

Oils:

41. What are oils?
42. How are oils different from solid fats?
43. Why is it important to consume oils?
44. According to the chart, how much oil is recommended for you to consume?

Physical activity:

45. List three moderate and three vigorous physical activities.
46. List three reasons physical activity is important.
47. What is more likely to happen if you are not physically active?
48. How are each of these physical activities especially beneficial:
  - a. aerobic activities
  - b. muscle-strengthening activities
  - c. bone strengthening activities
  - d. balance and stretching activities
49. How much physical activity is needed for adolescents and adults?
50. Describe three tips for increasing physical activity.