

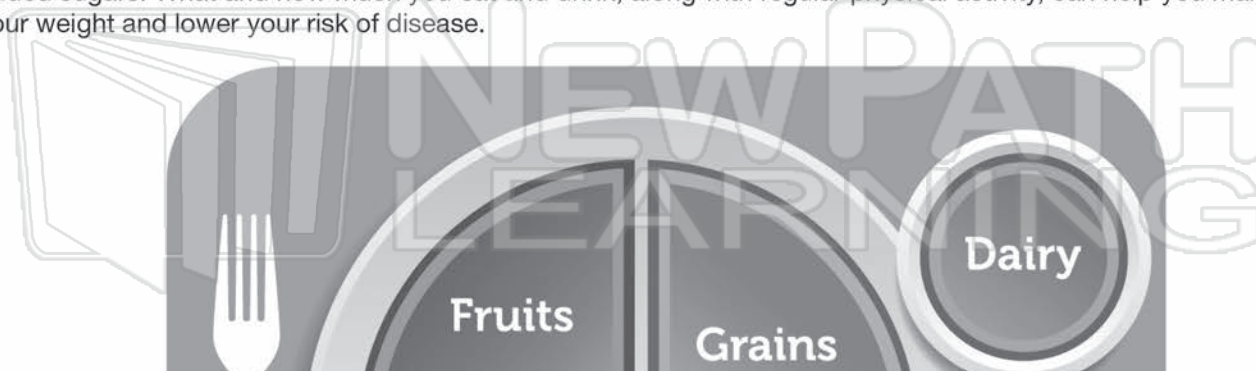


Name _____ Class _____ Date _____

What is Choose MyPlate?

The U.S. Department of Agriculture's Food and Nutrition Service has introduced **MyPlate** as a way to illustrate the five food groups needed as part of a balanced meal. **MyPlate** is a reminder to find a healthy eating style and continue it throughout your lifetime.

To eat healthy, aim for a variety of foods and beverages from each food group and limit saturated fat, sodium, and added sugars. What and how much you eat and drink, along with regular physical activity, can help you manage your weight and lower your risk of disease.



PREVIEW

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Focus on Variety, Amount and Nutrition

- Focus on making **healthy food** and **beverage choices** from all five food groups including **fruits, vegetables, grains, protein foods, and dairy** to get the nutrients you need.
- Eat the **right amount of calories** for you based on your age, sex, height, weight, and physical activity level.
- Building a **healthier eating style** can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.





Name _____ Class _____ Date _____

Create Your Own Plate

There is more than one way to eat healthfully and everyone has their own eating style. Aim for a variety of foods and beverages from each food group and limit saturated fat, sodium, and added sugars.

Draw or write the name of foods on the plate below. You could also cut out pictures and tape them onto the plate.

NEW PATH
LEARNING



PREVIEW


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Choose **MyPlate**.gov




Name _____ Class _____ Date _____

1 **MyPlate** is a way to illustrate how much of the five food groups you should eat in a balanced meal. The **5 groups** are:



A fruits, vegetables, dairy, grains, fats
B fruits, protein, dairy, snacks, grains
C fruits, protein, dairy, vegetables, grains
D fruits, vegetables, dairy, grains, water

5 A **healthy eating style** can help you avoid becoming **obese** and **reduce your risk of diseases** such as diabetes, heart disease and cancer. True or false?



A true
B false

2 About how much of your **plate** should be **fruits and vegetables**?

6 To eat healthy, you should _____ foods with saturated fats, sodium and added sugars


A
B
C
D



PREVIEW


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4 To avoid becoming **overweight**, eat the **right amount** of _____ based on your age, sex, and activity level.



A yogurt
B calories
C broccoli
D carrots

8 What and how much you eat, along with _____, can **help** you **manage** your weight and **lower** your risk of disease.




A some physical activity
B a little physical activity
C regular physical activity
D exercising once a month



Name _____ Class _____ Date _____


Answer Sheet

1 **MyPlate** is a way to illustrate how much of the five food groups you should eat in a balanced meal. The **5 groups** are:



- A** fruits, vegetables, dairy, grains, fats
- B** fruits, protein, dairy, snacks, grains
- C** fruits, protein, dairy, vegetables, grains
- D** fruits, vegetables, dairy, grains, water

5 A **healthy eating style** can help you avoid becoming **obese** and **reduce your risk of diseases** such as diabetes, heart disease and cancer. True or false?



- A** true
- B** false

2 About how much of your **plate** should be **fruits and vegetables**?


6 To eat healthy, you should _____ foods with saturated fats, sodium and added sugars



PREVIEW


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- A** yogurt
- B** calories
- C** broccoli
- D** carrots

8 What and how much you eat, along with _____, can **help** you **manage** your weight and **lower** your risk of disease.



- A** some physical activity
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- D** exercising once a month