

Nutrition & Wellness for Life © 2012
Chapter 4: MyPlate Math—Math Activity

MyPlate has a tool you can use to determine how much food you need each day from the different food groups. Go to Choose**MyPlate**.gov to try out this tool. On the site, go to Interactive Tools and click on “Daily Food Plan.” Then enter the information requested. Submit the information, and you will see what your daily requirements are.

To relate these amounts to the foods you eat each day, you need to understand food equivalents. For example, you need 3 cups of milk—or equivalent dairy foods—every day. How does cheese count toward this amount? Click on the dairy category and look for the chart that tells you what counts as a cup. You will see that a 1½-ounce piece of cheddar cheese is equivalent to 1 cup. Notice in the chart how other dairy foods fit into your daily requirement.

For a better understanding of MyPlate food equivalents, answer the questions that follow. Use <http://www.choosemyplate.gov> to find the information.

Activity Questions:

1. Go to “Daily Food” and enter information for these two teens:

- a) Female, age 16, 135 pounds, 5’7”, and active 30 to 60 minutes each day.
- b) Female, age 16, 115 pounds, 5’5”, and active 30 to 60 minutes each day.

How many calories are recommended for each teen every day? Why is there a difference?

2. Compare the daily food recommendations for these two teens:

- a) Austin, male, age 17, 160 pounds, 5’10”, 30 to 60 minutes of activity each day.
- b) Jake, male, age 17, 200 pounds, 5’10”, less than 30 minutes of activity each day.

Which recommendations are the same, and which are different? How do you explain the differences? What extra message did Jake get?

Name _____ Date _____

3. If Samantha eats a small banana and a large orange during the day, how much of her fruit requirement has she fulfilled?

4. Carson needs 7 ounces from the Protein Foods Group every day. So far today Carson has had an egg for breakfast and a small lean hamburger for lunch (3 ounces of meat). He ate $\frac{1}{2}$ cup of baked beans with the burger. Carson snacked on almonds, eating about 12. How close is Carson to his requirement for the day?

5. MyPlate advises Shanelle to eat 7 ounces of grains each day. List several foods in the Grains Group that Shanelle could eat in a day to equal the 7 ounces she needs.