

Adventures in Food and Nutrition! © 2012
Chapter 11: What’s On the Menu?—MyPlate Activity

Planning Menus

Planning meals ahead of time can help you reach your health goals. It is also a good idea to plan your physical activity. MyPlate can help you plan your diet and your activities. Visit the following website and provide the information requested to find out about your daily recommended amounts for each food group. Click the tab to view and print a PDF version of your results. Then, click the tab to print two copies of the *Meal Tracking Worksheet*.

<http://www.choosemyplate.gov/myplate/index.aspx>

Activity Questions

1. Think back to this time yesterday. What did you eat for the day? What was your physical activity? Write your answers on the first copy of the *Meal Tracking Worksheet*. If you need help deciding which foods go in each category, review your book or visit the website below.

<http://www.choosemyplate.gov/food-groups/>

2. Compare your diet to the MyPlate recommendations. Rate your intake for each food group and indicate why you should receive that rating.

Food Group	Rating: ☺ Great ☹ So-So ☹ Not So Great	Why I should receive this rating
Grains		
Vegetables		
Fruits		
Dairy		
Protein Foods		

Name _____ Date _____

3. What rating do you give your physical activity? Why?

4. Plan your meals for the next 24 hours. Write what you plan to eat on the second copy of the *Meal Tracking Worksheet*. Try to plan meals that meet the MyPlate goals. Be sure to select healthful foods you like and will eat. Describe how your plan differs from what you ate yesterday. Be sure to compare each food group.

5. On the printout, list the physical activities you will do for the next 24 hours. Aim to get a total of 60 minutes or more. How will your physical activities differ from your activities yesterday?

6. What are two ways you will motivate yourself to follow your plan?