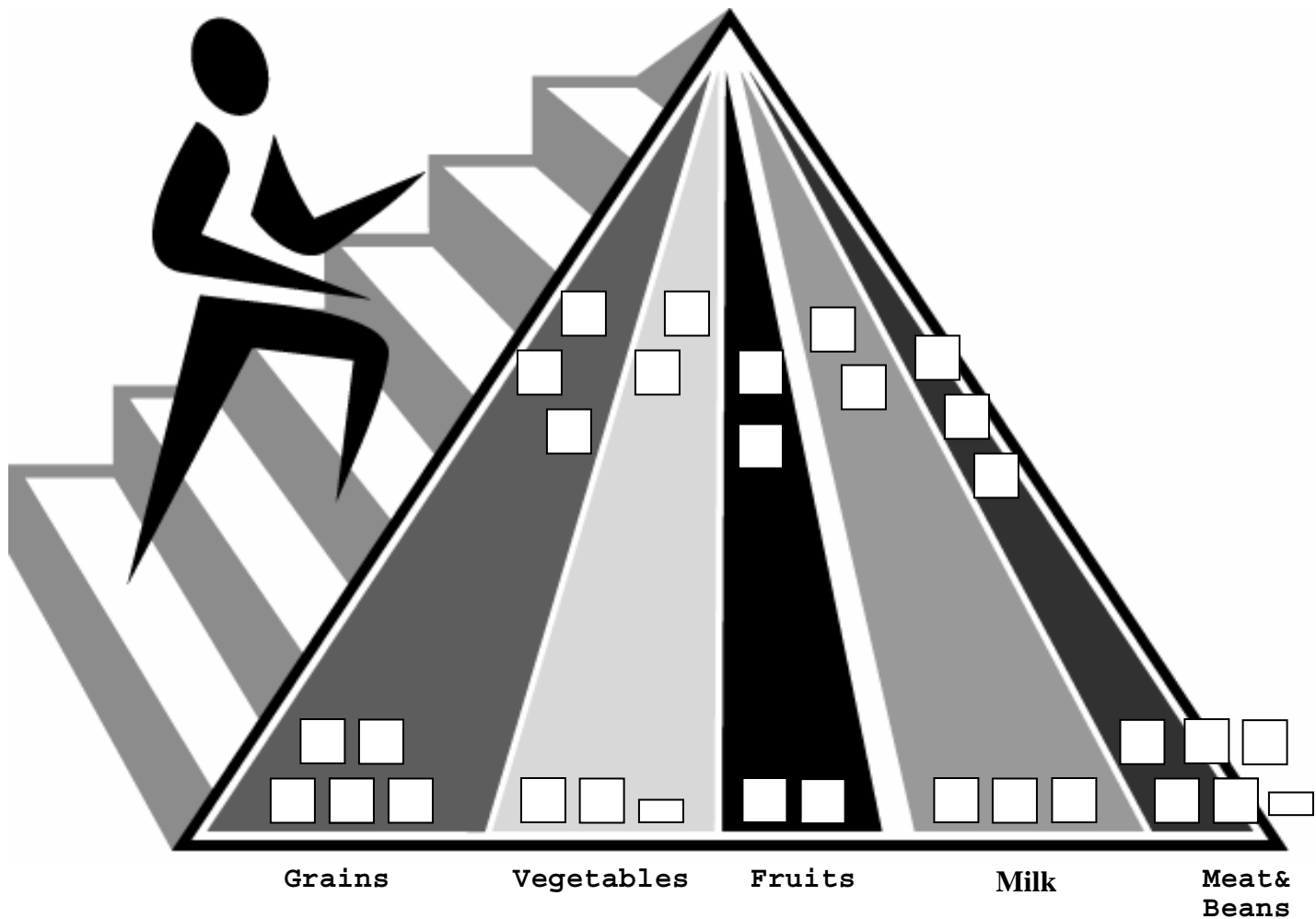


ANALYSIS OF BASIC NUTRIENTS IN A MENU

Name _____ Period ____ Assign #

Directions: Write the menu being analyzed beside the pyramid. Indicate where the food item from the menu fits on the pyramid by marking it on the pyramid near the base or tip of each section. (This could be color coded.) Using the nutritive value food charts and your math skills, determine if this menu provides a person's daily caloric and nutritive requirements. Answer questions at the bottom of the page.

MENU BEING ANALYZED:



1. Will the menu meet the recommendations of the 2,000 calorie/day plan from MyPyramid?
2. Which group met the recommended daily requirement according to MyPyramid?
3. What group was consistently low?
4. Rewrite the menu so that it will meet the requirements. What would need to be added, deleted, or changed?