Strand 5 – Nutritional Guidelines

From the MyPlate Video (what is written on the note pad)

|  |  |
| --- | --- |
| What is the tip for fruits and vegetables? |  |
| What is the tip for grains? |  |
| What is the tip for protein? |  |
| What is the tip for diary? |  |
| What should you avoid? |  |



On the plate to the left fill in the correct names of each group

Carbohydrates

|  |
| --- |
| 1 |
| 2 |
| 3 |

Protein

|  |
| --- |
| 1 |
| 2 |

Lipids (Fat)

|  |
| --- |
| 1 |
| 2 |

Vitamins

|  |
| --- |
| 1 |
| 2 |

Minerals

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |

Water

|  |
| --- |
| 1 |

Difference between Allergies and Intolerances

|  |  |
| --- | --- |
| Allergies | Intolerances |
|  |  |

Go to choosemyplate.gov, scroll down to choose a food group to explore. Read the information about the food group and then take the quiz about the food group. Repeat for all 5 food groups. Record your scores below.

Dairy \_\_\_\_\_ Fruits\_\_\_\_\_ Vegetables\_\_\_\_\_ Protein \_\_\_\_\_ Grains \_\_\_\_\_

Now create a healthy menu for 1 day using the information you have gained. You don’t have to have all 5 food groups each meal, but if you are missing one add it to the snack chart.

Breakfast

|  |  |
| --- | --- |
| Fruit |  |
| Vegetable |  |
| Protein |  |
| Grain |  |
| Dairy |  |

Lunch

|  |  |
| --- | --- |
| Fruit |  |
| Vegetable |  |
| Protein |  |
| Grain |  |
| Dairy |  |

Dinner

|  |  |
| --- | --- |
| Fruit |  |
| Vegetable |  |
| Protein |  |
| Grain |  |
| Dairy |  |

Snacks

|  |  |
| --- | --- |
| Fruit |  |
| Vegetable |  |
| Protein |  |
| Grain |  |
| Dairy |  |