MyPlate Scenario Poster

Directions: Plan and illustrate a meal for your given scenario. The meal must meet MyPlate guidelines:

1. Half of the meal is fruits and vegetables
2. At least half of the grains are whole grains
3. The protein is lean, and is no more than a quarter of the meal
4. The dairy product (or calcium substitute) is low fat
5. The meal is low in sodium
6. The meal has little to no added sugars
* The meal can be breakfast, lunch or dinner.
* Must include color, and a description of the menu—listed to the side (recipes are not required)
* Illustrate the food on the plate

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| **Requirement** | 5 | 4 | 3 | 2 | 1 |
| Meets all MyPlate requirements |  |  |  |  |  |
| High quality work |  |  |  |  |  |
| Menu is listed and described |  |  |  |  |  |
| Food is illustrated appropriately, with color |  |  |  |  |  |
| TOTAL: |  |

Scenario 1: Plan a meal for a Pregnant Woman. She requires extra folate in her diet, which will help the baby’s spinal column to grow properly. Folate is located in large quantities in all kinds of beans, as well as spinach and other leafy greens, and lentils. Right now, your subject (pregnant woman) really can’t stand the smell or taste of eggs.

Scenario 2: Plan a meal for a highly active teenage boy. He trains in swimming for 3 hours every day. He requires a large amount of calories, especially from carbohydrates, because he has a meet in a few days. He also wants to donate blood, which means he needs iron—iron is located in large quantities in dark green veggies, whole grains, herbs, red meats and shellfish/seafood.

Scenario 3: Plan a meal for a lactose intolerant teenage girl. She needs lots of calcium to build strong and healthy bones, but cannot process dairy (lactose) in her stomach without getting sick.

Scenario 4: Plan a meal for a child who has recently been diagnosed with Celiac Disease. He cannot consume any wheat products (any food made from flour), but he absolutely loves Italian food.

Scenario 5: You are on a date, and you are eating out at Texas Roadhouse. You’ve been trying to watch your refined grain intake (foods made from white flour, or white rice, for example). But those *rolls* look *so good!* What could you order at Texas Roadhouse to keep your calorie intake lower, but still enjoy your meal?

Scenario 6: Plan a meal for a person who chooses a vegan diet. Vegans do not consumer ANY food that came from an animal (that includes cheese, milk and eggs).

Scenario 7: Plan a meal for a person who is allergic to shellfish (seafood that has a shell—like shrimp, clams, mollusks, crab and lobster, etc…). However, this person lives on an island, so they really must eat seafood because it’s so abundant! Fish is ok.

Scenario 8: Plan a meal for an elderly person who has digestive problems. Their doctor recommended that they consume foods high in fiber (vegetables, whole grains, whole fruits with peels where possible). They must also get at least 8 cups of water a day.