

Name: \_\_\_\_\_

## MyPlate Web Quest

Go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

Click on "MyPlate" on the menu bar

Click on "Food Groups Overview"

1. What five groups of food should be included in your diet?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **FRUITS**

Click on "Fruits" from the menu on the left

2. What counts as part of the "Fruit Group?"

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3. What are three ways fruit can be served/eaten?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. How much of your plate should be fruits?

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5. List three of your favorite fruits from the "Commonly Eaten Fruits" list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Click on "View Fruits Food Gallery"

6. What size apple is equal to one cup of fruit?

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Below the "Fruits" heading, click on "How Much is Needed?"

7. What three things affect the amount of fruit you need?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Click on "See the chart"

8. What is your daily recommendation for fruit? \_\_\_\_\_

Below the "Fruits" heading, click on "Health Benefits and Nutrients"

9. What are two health benefits of eating fruits?

- \_\_\_\_\_
- \_\_\_\_\_

10. What are two nutrients found in fruits?

- \_\_\_\_\_
- \_\_\_\_\_

Below the "Fruits" heading, click on "Tips to Help You Eat Fruits"

11. What is one tip you could follow?

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**VEGETABLES**

Click on "Vegetables" from the menu on the left

12. What counts as part of the "Vegetable Group?"

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13. What three ways can vegetables be served/eaten?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

14. How much of your plate should be vegetables?

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15. What are the five subgroups of vegetables?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

16. List three of your favorite vegetables from the "Commonly Eaten Vegetables" list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Click on "View Vegetables Food Gallery"

17. What size baked potato is equal to one cup of vegetables? \_\_\_\_\_

Below the "Vegetables" heading, click on "How Much is Needed?"

18. What three things affect the amount of vegetables you need?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Click on "See the chart"

19. What is your daily recommendation for vegetables? \_\_\_\_\_

Below the "Vegetables" heading, click on "Health Benefits and Nutrients"

20. What are two health benefits of eating vegetables?

- \_\_\_\_\_
- \_\_\_\_\_

21. What are two nutrients found in vegetables?

- \_\_\_\_\_
- \_\_\_\_\_

Below the "Vegetables" heading, click on "Tips to Help You Eat Vegetables"

22. What is one tip you could follow?

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## GRAINS

Click on "Grains" from the menu on the left

23. What counts as part of the "Grain Group?"

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24. What are the two subgroups of grains?

- \_\_\_\_\_
- \_\_\_\_\_

25. What is the difference between the two groups?

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26. What is an example of each group?

- \_\_\_\_\_
- \_\_\_\_\_

27. How much of your plate should be grains? \_\_\_\_\_

28. List three of your favorite grains from both subgroups (total of six) from the

"Commonly Eaten Grains" list

- |         |         |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

Below the "Grains" heading, click on "How Much is Needed?"

29. How many of your grains should be whole grains? \_\_\_\_\_

Click on "See the chart"

30. What is your daily recommendation for grains? \_\_\_\_\_

Below the "Grains" heading, click on "Health Benefits and Nutrients"

31. What are two health benefits of eating grains?

- \_\_\_\_\_
- \_\_\_\_\_

32. What are two nutrients found in grains?

- \_\_\_\_\_
- \_\_\_\_\_

Below the "Grains" heading, click on "Tips to Help You Eat Whole Grains"

33. What is one tip you could follow?

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## **PROTEINS**

Click on "Protein Foods" from the menu on the left

34. What counts as part of the "Protein Foods Group?"

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35. What two foods are part of both the Protein and Vegetable groups?

- \_\_\_\_\_
- \_\_\_\_\_

36. How many ounces of cooked seafood are recommended per week? \_\_\_\_\_

37. What do Vegetarians eat instead of seafood?

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38. When planning your meals, your meat and poultry choices should be what?

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39. List three of your favorite proteins from the "Commonly Eaten Protein Foods" list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Below the "Protein Foods" heading, click on "How Much is Needed?"

Click on "See the chart"

40. What is your daily recommendation for proteins? \_\_\_\_\_

Below the "Protein Foods" heading, click on "Nutrients and Health Implications"

41. What are two health benefits of eating protein?

- \_\_\_\_\_
- \_\_\_\_\_

42. What are two nutrients found in proteins?

- \_\_\_\_\_
- \_\_\_\_\_

Below the "Protein Foods" heading, click on "Tips for Making Wise Choices"

43. List the four major tips for proteins

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Below the "Protein Foods" heading, click on "Vegetarian Choices"

44. What is one item vegetarians can eat to get their protein? \_\_\_\_\_

**DAIRY**

Click on "Dairy" from the menu on the left

45. What counts as part of "Dairy?"

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46. What types of dairy products should you choose?

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47. List three of your favorite dairy products from the "Commonly Eaten Dairy Products" list.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Below the "Dairy" heading, click on "How Much is Needed?"

48. What does the amount depend on for dairy products? \_\_\_\_\_

49. What amount is recommended for you personally? \_\_\_\_\_

Below the "Dairy" heading, click on "Health Benefits and Nutrients"

50. What are two health benefits from eating dairy products?

- \_\_\_\_\_
- \_\_\_\_\_

51. What are two nutrients found in dairy products?

- \_\_\_\_\_
- \_\_\_\_\_

Below the "Dairy" heading, click on "Tips for Making Wise Choices"

52. What is one tip you could follow?

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53. If a person doesn't consume milk, what options are available to them to maintain a healthy diet?

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## **OILS**

Click on "Oils" from the menu on the left

54. What is an example of commonly eaten oil? \_\_\_\_\_

55. What is an example of a food naturally high in oils? \_\_\_\_\_

56. Are "Oils" a food group? \_\_\_\_\_