MyPlate Web Quest

Go to 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?”
   ________________________________________________________________
   ________________________________________________________________

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

4. How much of your plate should be fruits?
   ________________________________________________________________
   ________________________________________________________________
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?

_______________________________________________________________

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?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

VEGETABLES

Click on “Vegetables” from the menu on the left

12. What counts as part of the “Vegetable Group?”

________________________________________________________________________________________

________________________________________________________________________________________

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

• ________________

• ________________

• ________________

• ________________

14. How much of your plate should be vegetables?

________________________________________________________________________________________

________________________________________________________________________________________

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?
   ______________________________________________________________
   ______________________________________________________________
GRAINS

Click on “Grains” from the menu on the left

23. What counts as part of the “Grain Group?”

________________________________________________________________________

________________________________________________________________________

24. What are the two subgroups of grains?

• ______________________

• ______________________

25. What is the difference between the two groups?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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 on tip you could follow?
   ________________________________________________________________
   ________________________________________________________________

PROTEINS

Click on “Protein Foods” from the menu on the left

34. What counts as part of the “Protein Foods Group?”
   ________________________________________________________________
   ________________________________________________________________

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?

_______________________________________________________________

_______________________________________________________________

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

_______________________________________________________________

_______________________________________________________________

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?”
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

46. What types of dairy products should you choose?
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

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?
   ______________________________________________________________________
   ______________________________________________________________________

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

**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? ________________________________