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

MyPlate.gov Assignment

\*State Test Requirement\*

Directions: In 2011 the USDA came out with ChooseMyPlate.gov, a way to help Americans live a more healthy life.

1. Go to www.ChooseMyPlate.gov. Along the top of the page find the tab that says Online Tools. Hover over Online Tools, then move your mouse and click on Daily Checklist. **Read the paragraph** and click on the **second** link (SuperTracker’s My Plan).

1B. Fill in the requested information (all of it). You need to register. Record your User ID and password here so you don’t forget:

User ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Password:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. You should be at the My Coach Center now. On the right hand side, under the “Edit your profile” button, click on “your plan”. This new pop up page has information that is appropriate for *your* body. Answer the following questions:

|  |  |  |  |
| --- | --- | --- | --- |
| How many calories should you eat? |  | How many ounces of grains? |  |
| How many cups of vegetables? |  | How many cups of fruit? |  |
| How many cups of dairy? |  | How many ounces of protein? |  |
| How much oil? |  | Added Sugar Limit? (In Daily Limits box when entering food) |  |

1. In the oils section, click on “See more Oil examples”. READ THE INFORMATION. Answer the following questions:

|  |  |
| --- | --- |
| What are oils? |  |
| What are 3 plant oils high in saturated fats? |  |
| What are solid fats? |  |
| What are 3 solid fats? |  |

1. **On ChooseMyPlate.gov**, hover over “Popular Topics”, move down and click on “10 Tips Series”. Click on the first link (click here) to get to all the 10 tips. Click on “Make Better Food Choices.” READ and then write down the 10 tips (I know it says for Women’s health, but these tips are good for all).

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

1. In the search bar (on website) search “empty calories” then click on the “What are Empty Calories” link. READ THE INFORMATION. Answer the following questions:

|  |  |
| --- | --- |
| Explain empty calories: | |
| List 4 foods that provide the most empty calories for Americans | |
| 1. | 2. |
| 3. | 4. |
| List 2 foods that are all empty calories | |
| 1. | 2. |
| List 2 foods with some empty calories and a better choice | |
| 1. |  |
| 2. |  |

1. Click on the Physical Activity tab at the top of the page. Click on the link that says “What is Physical Activity?” READ THE INFORMATION. Answer the following:

|  |  |  |
| --- | --- | --- |
| What are 3 examples of moderate activity? | | |
| 1. | 2. | 3. |
| What are 3 examples of vigorous activity? | | |
| 1. | 2. | 3. |

On the left of the screen click on the link that says “How Much?” The second paragraph explains how much exercise children and teenagers should get. How much should they get?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

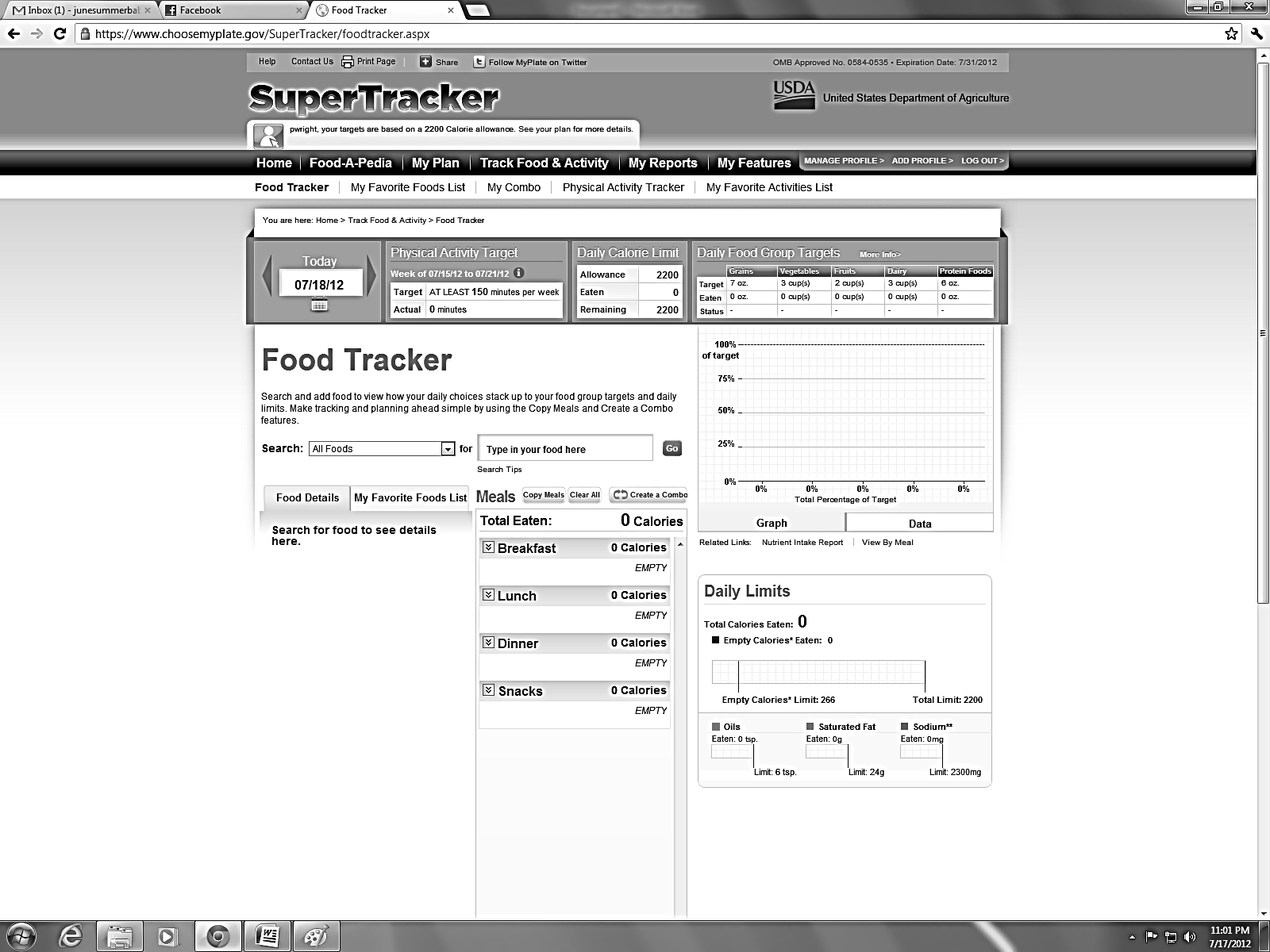
On the left of the screen click on the link that says “Burning Calories?” How many calories would the man use in 1 hour of hiking?\_\_\_\_\_\_\_\_\_

On the left of the screen, click on the link that says “Tips for Increasing” READ THE INFORMATION. Answer the following questions:

|  |  |
| --- | --- |
| List 2 ways to increase physical activity at home: | |
| 1. | 2. |
| List 2 ways to increase your physical activity at school. (Think about it ☺) | |
| 1. | 2. |

8. Now track your diet. At the top hover over “Online Tools” click on “SuperTracker”. Then click on the blue SuperTracker link in the paragraph. In the blue bar toward the right you’ll see where you need to log in. Log In using what you registered with in 1B.

9. Now click on “Food Tracker” here:

10. Enter the food item in the search menu. Then click on: **Go**. A list of possible food choices will appear below the search menu on the left hand side of the screen. Click on the food item that is the closest to what you are thinking. Type in the amount you ate and for which meal click **Add.** This will add that particular food item to your list. If you make a mistake, you can remove an item by simply clicking on the **Remove** button or you can **Edit** it. Continue until you have completed the entire day. Enter foods 1 at a time. Then enter day two, switching the date here:

11. When it is all complete fill in the information on the following pages about your diet. Fill in each chart. **You will have entered information for 2 different days.**

**Enter the food type here**

**Results**

Fill in the following information for day 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date)

**Daily Calorie Limit**

|  |  |
| --- | --- |
| **Goal** |  |
| **Eaten** |  |
| **Remaining** |  |

**Daily Food Group Targets**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Grains** | **Vegetables** | **Fruits** | **Dairy** | **Protein** |
| **Target** |  |  |  |  |  |
| **Eaten** |  |  |  |  |  |
| **Status** |  |  |  |  |  |

100% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

of target

75% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

50% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

0% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_\_%

Grains Vegetables Fruits Dairy Protein

**Daily Limits**

Total Calories Eaten:\_\_\_\_\_\_\_\_\_ Total Calories Limit:\_\_\_\_\_\_\_\_\_\_

Did you go over total calories? \_\_\_\_\_\_\_\_\_\_\_\_\_

Added Sugars Eaten:\_\_\_\_\_\_\_\_\_ Added Sugars Limit:\_\_\_\_\_\_\_\_\_\_

Did you go over on added sugars?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Saturated Fat Eaten:\_\_\_\_\_\_\_\_\_\_ Saturated Fat Limit:\_\_\_\_\_\_\_\_\_\_\_

Did you go over on saturated fat?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sodium Eaten:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sodium Limit:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you go over on sodium?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Results**

Fill in the following information for day 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date)

**Daily Calorie Limit**

|  |  |
| --- | --- |
| **Goal** |  |
| **Eaten** |  |
| **Remaining** |  |

**Daily Food Group Targets**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Grains** | **Vegetables** | **Fruits** | **Dairy** | **Protein** |
| **Target** |  |  |  |  |  |
| **Eaten** |  |  |  |  |  |
| **Status** |  |  |  |  |  |

100% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

of target

75% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

50% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

0% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_% \_\_\_\_\_\_%

Grains Vegetables Fruits Dairy Protein

**Daily Limits**

Total Calories Eaten:\_\_\_\_\_\_\_\_\_ Total Calories Limit:\_\_\_\_\_\_\_\_\_\_

Did you go over total calories? \_\_\_\_\_\_\_\_\_\_\_\_\_

Added Sugars Eaten:\_\_\_\_\_\_\_\_\_ Added Sugars Limit:\_\_\_\_\_\_\_\_\_\_

Did you go over on added sugars?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Saturated Fat Eaten:\_\_\_\_\_\_\_\_\_\_ Saturated Fat Limit:\_\_\_\_\_\_\_\_\_\_\_

Did you go over on saturated fat?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sodium Eaten:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sodium Limit:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you go over on sodium?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. Scroll over the “My Reports” tab at the top. In the drop down **click on Food Groups & Calories.** Choose the date range. **Make sure that you select the dates for the two days that you entered your food log.** Click on “Create Report.”Please **print** your Food Groups & Calories report. Go get it from the printer **immediately**.

13. Scroll over the “My Reports” tab at the top. In the drop down **click on Nutrients**

**Report.** Choose the date range. **Make sure that you select the dates for the two days that you entered your food log.** Click on “Create Report.”Please **print** your Food Groups & Calories report. Go get it from the printer **immediately**.

14. On the printed documents:

A – **star** the areas you were **okay** on

B – **circle** the areas you didn’t eat enough of (under)

C – **put an x** by the things you ate too much of (over)

**15**. **Please thoroughly** answer the following questions in **complete sentences and paragraphs.**

1. What influenced what you ate those two days?
2. Do you normally eat like that or were there special circumstances?
3. Using the data in your reports, what food groups/nutrients/ etc. did you **meet requirements** for and which do you need to improve on?
4. How will you meet all requirements next time?
5. Come up with 3 goals on how you can improve your overall health (Be specific – what is your goal and how are you going to achieve it)

1

2

3

1. Was this assignment helpful? Why or why not?
2. Did you learn anything new? What did you learn?
3. Was anything surprising to you? What?

1. Would you use this website again? Why or why not?

**\*\*When finished, staple all papers together (printed pages at the back) and turn in. DO NOT STAPLE THE PURPLE DIETARY TRACKER TO THIS!! You should have the green packet and the printed pages stapled only.**