

# "What are you Downloading?"

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

**Nutrition Word Sort Directions:** Arrange the food related words in the correct "My Plate" groups.

- Balance calories and Exercise
- Calcium
- Drink Low Fat/No Fat Milk
- Eat 2.5 cups
- Fiber
- Follow the "My Plate" Icon
- Increase Fruit Intake
- Kiwi
- Peanut Butter
- Reduce Sodium Intake
- Vitamin C
- Whole Grain Choices

## My Plate - Graphic Organizer

Topic

Vegetable

Fruit

Grain

Protein Foods






Dairy

Extras

Eating Guidelines

[http://comfortdoc.squidoo.com/  
plate-coloring-page](http://comfortdoc.squidoo.com/plate-coloring-page)

## Let's Download a "Healthy Appplate"

Make $\frac{1}{2}$ Your Grains Whole	Make $\frac{1}{2}$ Your Plate Fruits & Veggies	Select Low Fat Protein Foods	Select Low Fat Dairy Rich Foods	Limit Extra Food choices - (High in sugar & Fat)
<ul style="list-style-type: none"> <li>Label the plate part titled "Grain".</li> </ul>  <p>Choose <b>MyPlate.gov</b></p> <ul style="list-style-type: none"> <li>List 3 Grain Foods</li> </ul>	<ul style="list-style-type: none"> <li>Label the plate part titled "Fruit" &amp; "Vegetable".</li> </ul>  <p>Choose <b>MyPlate.gov</b></p> <ul style="list-style-type: none"> <li>List 3 Fruits.</li> <li>List 3 Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Label the plate part titled "Protein".</li> </ul>  <p>Choose <b>MyPlate.gov</b></p> <ul style="list-style-type: none"> <li>List 3 Protein Foods.</li> </ul>	<ul style="list-style-type: none"> <li>Label the plate part titled "Dairy".</li> </ul>  <p>Choose <b>MyPlate.gov</b></p> <ul style="list-style-type: none"> <li>List 3 Dairy Foods.</li> </ul>	<ul style="list-style-type: none"> <li>Label the plate part titled "Extra".</li> </ul>  <p>Choose <b>MyPlate.gov</b> <b>X</b></p> <ul style="list-style-type: none"> <li>List 3 "Extra" Foods.</li> </ul>
<ul style="list-style-type: none"> <li>How many ounces should we aim to get from the grain group?</li> </ul>	<ul style="list-style-type: none"> <li>How many cups should we aim to get from the fruit group?</li> <li>How many cups should we aim to get from the vegetable group?</li> </ul>	<ul style="list-style-type: none"> <li>How many ounces should we aim to get from the protein group?</li> </ul>	<ul style="list-style-type: none"> <li>How many cups should we aim to get from the dairy group?</li> </ul>	

## Let's Download a "Healthy Applate"

Define:	Nutrients: Calcium	Nutrients: Carbohydrates	Nutrients: Complex Carbohydrates	Nutrients: Simple Carbohydrates	Nutrients: Fat
<ul style="list-style-type: none"> <li>• <b>Plate Group</b></li>   <li>• <b>Nutrients</b></li>   <li>• <b>Function</b></li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Group High in this nutrient:</li>   <li>• What disease does this nutrient prevent?</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Group High in this nutrient:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Group High in this nutrient:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Group High in this nutrient:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>
	<b>Nutrients: Fiber</b>	<b>Nutrients: Iron</b>	<b>Nutrients: Protein</b>	<b>Nutrients: Vitamin A</b>	<b>Nutrients: Vitamin C</b>
<ul style="list-style-type: none"> <li>• <b>Diseases</b></li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>	<ul style="list-style-type: none"> <li>• Function -</li>   <li>• Food Groups High in this nutrient are:</li> </ul>