**TOUR: ChooseMyPlate.gov**

**Go to: My Plate** on the drop down on the right hand corner of the page to complete the following…

1. What government agency runs this webpage?

**Fruits –** *learn more…*

2.How much fruit should you eat according to your age, sex and level of physical activity?

3.What counts as a cup of fruit?

4. List 2 examples 1.

 2.

5. List 2 nutrients from the fruits group?

 1.

 2.

6. List 2 health benefits of the fruits group?

1.

 2.

7. List 2 tips to making wise fruits choices?

1.

 2.

**Vegetables** – *learn more…*

8. How much vegetable should you eat according to your age, sex and level of physical activity?

9. What are the 5 subgroups of vegetables and list 2 examples of each?

1. A) b)

2. a) b)

3. A) b)

4. A) b)

5. A) b)

10. List 2 nutrients from the vegetable group?

 1.

 2.

11. List 2 health benefits of the vegetable group?

1.

 2.

12. List 2 tips to help you eat vegetables?

1.

 2.

**Grains**– *learn more…*

13. What are grains made from?

14.What are Whole Grains?

 List 5 whole grains 1.

2.

3.

4.

5.

15. What are refined grains?

16. What is often removed from refined grains?

17. How much of the grains eaten should always be whole grain?

18. How much grain foods should you eat according to your age, sex and level of physical activity?

19. List 2 nutrients from the grains group?

 1.

 2.

20. List 2 health benefits of the grains group?

1.

 2.

21. List 2 tips to help you eat whole grains?

1.

 2.

**Protein Foods**– *learn more…*

22. What foods are in the protein food group?

23. How much protein foods should you eat according to your age, sex and level of physical activity?

24. How much cooked seafood should an adult typically consume?

25. List 2 nutrients from the protein group?

 1.

 2.

26. List 2 health benefits of the protein group?

1.

 2.

27. List 2 tips to help you make wise choices from the protein?

1.

2.

28. List 3 important selection tips for protein foods?

 1.

2.

3.

**Dairy Group** *– learn more….*

29. How many dairy foods should you eat according to your age, sex and level of physical activity?

30. List 2 nutrients from the dairy group?

 1.

 2.

31. List 2 health benefits of the dairy group?

1.

 2.

32. List 2 tips to making wise dairy choices?

1.

 2.

**Oils** *– learn more….*

33. What is the daily allowance of oils for you?

34. What are 2 of the 3 oils that are solid at room temperature?

1.

2.

**Physical Activity**

35. How much physical activity do you need?

36. Why is it important?

**Eating Foods Away from Home**: MyPlate 10 tips for eating out

37. List 4 tips from the *long list* that you would consider doing!

1.

2.

3.

4.

**BMI Calculator**

<https://www.choosemyplate.gov/tools-BMI>

38. What is your BMI?