

Name _____ Hour _____ Teacher _____

USDA ChooseMyPlate and Dietary Guidelines Assignment

Objective: Students will analyze and evaluate their eating habits and food intake based upon the USDA Dietary Guidelines and ChooseMyPlate.gov.



In order to complete the assignment you will need internet access. You will not need a printer.

Prior to the Lesson: To complete this task you will first need to record all of the food and beverages you eat for three days. You should record this information on a separate sheet of paper, making sure you **date** each day's intake of food. You should also keep track of the quantity and size of each food. For example:

1 Large Glass of Skim Milk

Once you have kept track of your food for three days, complete the following directions on-line.

- 1.) Log on to ChooseMyPlate.gov
- 2.) Click on "Super Tracker" which is found under Popular Topics or along the tabs near the top of the page.
- 3.) Near the top of the page click on "Create Profile"
- 4.) Create your profile by filling in the requested information and register to save your profile. Create a user name and password that you will remember. Do not use your student ID number or name.

User ID _____ Password _____

- 5.) Click on "Submit"
- 6.) Log In with the username and password you have just created.
- 7.) Click on the Blue "Food Tracker" box
- 8.) You are now going to enter your 3 days of food. It is really important that you remember to change the date in the top left box as you enter the food for each new day. If you forget, it will look like you ate three days' quantity of food in just one day.
- 9.) Search for all of the foods you ate using the search boxes. Select the food that is most similar to what you consumed. You can either highlight the food at the search box list or hit "go" and look at the search results below and click on the name of the food.
- 10.) Choose the amount of food you ate and select when you ate the food: at breakfast, lunch, dinner or snack time.
- 11.) Click on the blue "+ add" button.
- 12.) Continue to add all of your food for the day. Don't forget items such as beverages, condiments, syrups and dressings.
- 13.) Once you have entered all of the food for all three days (remember to change the date when you start a new day), record and analyze your results on the following pages.

Day 1	Grains	Vegetables	Fruits	Dairy	Protein
<i>Target</i>					
<i>Eaten</i>					
<i>Status</i>					

Daily Limits

Total Calories Eaten _____

Empty Calories Eaten _____

Total Limit of Calories _____

Oils Eaten _____ Sat Fat _____ Sodium _____
 Limit _____ tsp _____ g _____ mg

Day 2	Grains	Vegetables	Fruits	Dairy	Protein
<i>Target</i>					
<i>Eaten</i>					
<i>Status</i>					

Daily Limits

Total Calories Eaten _____

Empty Calories Eaten _____

Total Limit of Calories _____

Oils Eaten _____ Sat Fat _____ Sodium _____
 Limit _____ tsp _____ g _____ mg

Day 3	Grains	Vegetables	Fruits	Dairy	Protein
<i>Target</i>					
<i>Eaten</i>					
<i>Status</i>					

Daily Limits

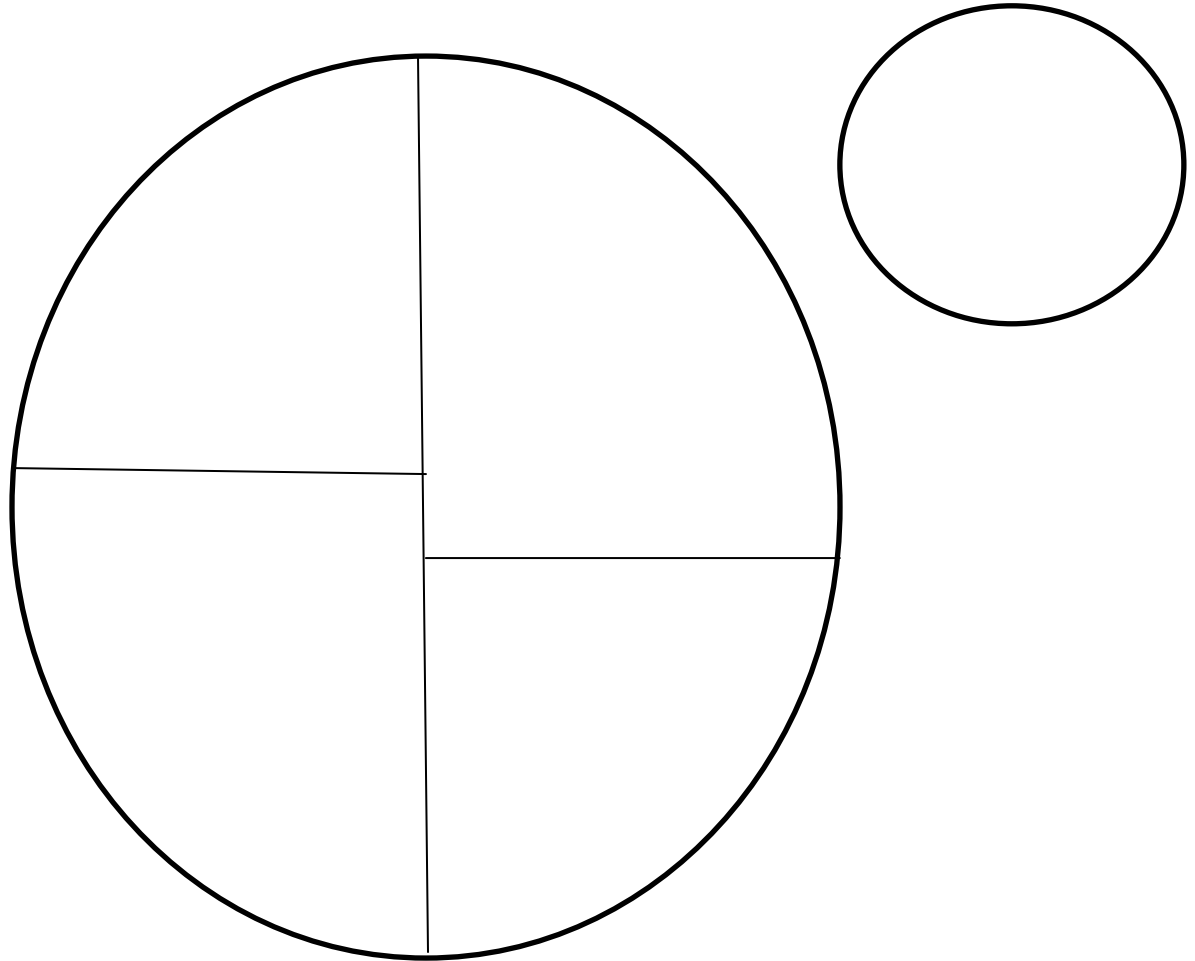
Total Calories Eaten _____

Empty Calories Eaten _____

Total Limit of Calories _____

Oils Eaten _____ Sat Fat _____ Sodium _____
 Limit _____ tsp _____ g _____ mg

Using colored pencils, fill in the portion of the plate to represent the average amount of foods you are consuming based on your three days of data. If you are eating more than your recommended amount, you will color beyond the plate divider in your drawing. If are missing half of the serving s for a group, you would color in only half of that section. Use the colors that are identified on MyPlate.



After you have completed recording your information from the bar graphs and filled in your MyPlate, locate and click on the related link “Nutrient Intake Report” found under the bar graph.

Located on the Nutrient Report Page you will find data regarding a number of nutrients and comments regarding if you are under, OK or over on your nutrient requirement for that day. Enter the date range for the three days of your food entry in order to find your nutrients analysis. It does not matter if there is a gap in the days. Click on “create report.” Record your results here for the following nutrients.

Nutrients	Target	Average Eaten	Status
Dietary Fiber			
Total Fat			
Calcium			
Iron			
Vitamin A			
Vitamin C			

Self- Reflection and Evaluation

After entering your information and recording the results on the previous pages, answer the following questions. Be sure to **SUPPORT** your response from your findings.

Good example: I need to eat 2 more servings of fruit each day. From my results I had only 0-1 servings of fruit each day. I will eat a fruit at breakfast and lunch every day. I will make a list of my favorite fruits to make sure they are picked up when we go grocery shopping.

Bad example: I need to eat more fruit.

Identify two of your ChooseMyPlate sections that need work. What's the problem and what can you do to solve the problem? What are some ways you can make these changes?

Problem Area 1:

Problem Area 2:

How are you doing on your caloric and empty calorie intake? What changes do you need to make to improve your caloric intake?

Evaluate your fat or sodium intake? What changes do you need to make in your fat or sodium intake?

Select two nutrients from the graph on the previous page that need the most work. What's the problem and what can you do to solve the problem? Identify three foods that you like that are high in that nutrient.

Nutrient 1 -

Three Foods -

Nutrient 2 -

Three Foods -

After completing the ChooseMyPlate activity and your evaluation, explain one key insight you learned about your food intake.