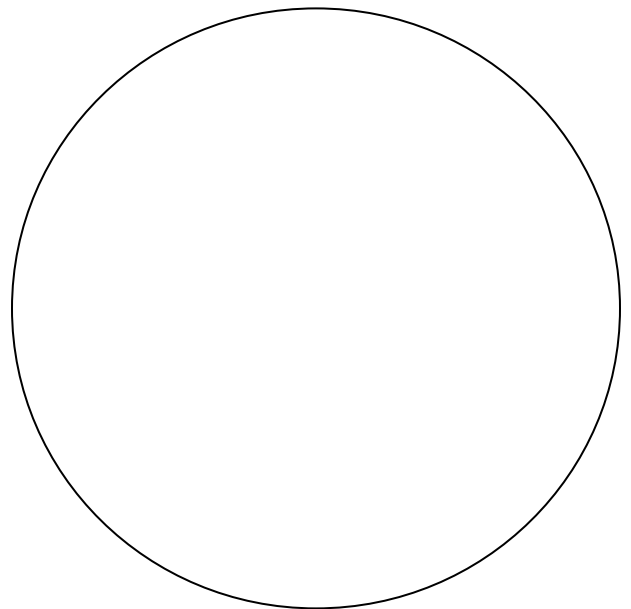
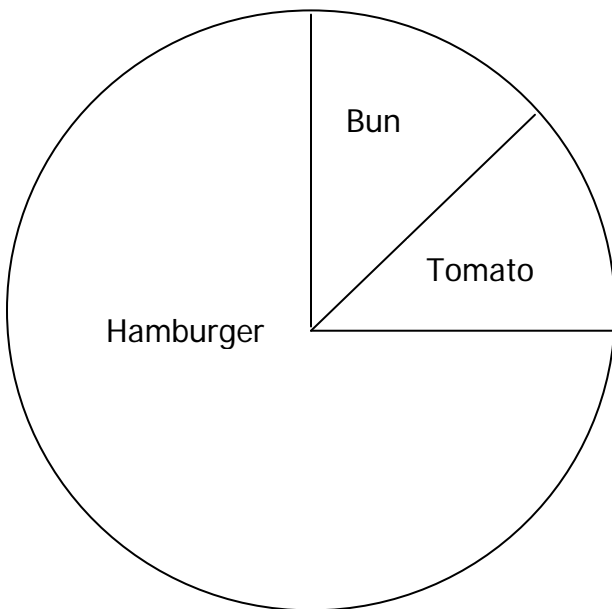


Changing your Plate

Answer the questions for the plate below.

1. What fraction of the plate is from the Grain Group?
2. What fraction of the plate is from the Fruit Group?
3. What fraction of the plate is from the Meat and Beans Group?
4. What fraction of the plate is from the Vegetable Group?
5. Draw a new plate so that $\frac{1}{2}$ is fruits and vegetables, $\frac{1}{4}$ is grains and $\frac{1}{4}$ is meat or beans. Write the foods you would include on your plate to make a healthy meal.



6. Why is it important to have a variety of foods on your plate?

How Do You Measure Up?

Directions: Keep a record of the number of servings you eat from each food group during each meal. Remember the visual aids you have learned to determine what is ½ cup, 1 cup, 1 ounce, etc.

	Grains	Fruit	Vegetables	Dairy	Meat and Beans	Fats and Oils
Breakfast						
Lunch						
Dinner						
Snacks						
Totals:						

Next, determine the amount you need from each food group using MyPyramid.

	Amount I Need
Grains	
Vegetables	
Fruit	
Dairy	
Meat and Beans	
Fats and Oils	