

# Fiber-Full Food Choices:

## # Mania Infographic

Use this fiber [chart](#) as your crowdsourcing document, to create an infographic that will help others make fiber full food choices.

**Groups of 3:** Each person selects one of the below categories and chooses at least 6 food selections (2 fruit & 2 vegetables & 2 grains) with grams of fiber included to represent on the chart. Corresponding images and icons from the *noun project* only (you will need to create a free account using your school email) will be added as well.

- Excellent Fiber Sources= 5+ grams/serving
- Good Fiber Sources= 3-4.9 grams/serving
- Low Fiber Sources= 2.9 or less grams/serving

Everything will be added to the provided [Google Slide template](#) in Google Classroom. Therefore, select a team leader to make a copy of the slide and invite other group members to the template (see below). Add text boxes, titles, foods with fiber grams and icons to your assigned section. Team leader submits to Google Classroom when finished.

# Fiber-Full Food Choices:

## # Mania Infographic

Use this fiber [chart](#) as your crowdsourcing document, to create an infographic that will help others make fiber full food choices.

**Groups of 3:** Each person selects one of the below categories and chooses at least 6 food selections (2 fruit & 2 vegetables & 2 grains) with grams of fiber included to represent on the chart. Corresponding images and icons from the *noun project* only (you will need to create a free account using your school email) will be added as well.

- Excellent Fiber Sources= 5+ grams/serving
- Good Fiber Sources= 3-4.9 grams/serving
- Low Fiber Sources= 2.9 or less grams/serving

Everything will be added to the provided [Google Slide template](#) in Google Classroom. Therefore, select a team leader to make a copy of the slide and invite other group members to the template (see below). Add text boxes, titles, foods with fiber grams and icons to your assigned section. Team leader submits to Google Classroom when finished.

# Where's Your Fiber?

**Follow-up:** Once infographics are complete, trade between groups. For example, Group #1 will use Group #2's infographic, etc. Using your gender and recommended fiber grams, individually put together a meal plan for one day using sources from the infographic you received. You may add additional food group sources that do not have fiber to make your meals MyPlate complete such as proteins and dairy.

- Males 14-50 years old need about 38 g/day
- Females 9-50 years old need about 25g/day

Meal	Food Item(s)	Amount	Grams of Fiber
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Supper</b>			
<b>Snacks</b>			
<b>Total Fiber</b>			