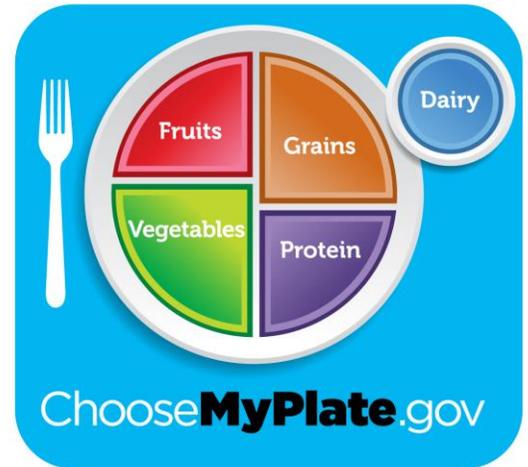


MYPLATES Food Guide Assignment

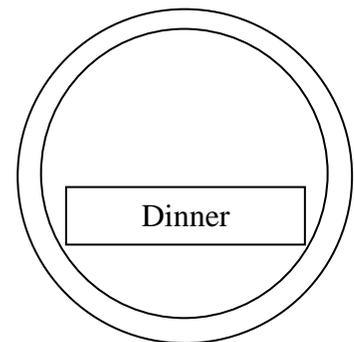
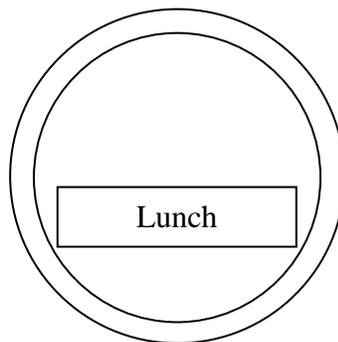
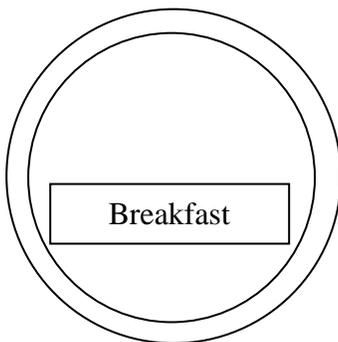
Directions: Using paper plates, create three plates—one for breakfast, lunch and dinner that align with the USDA food guide standards.

Steps:

1. Diagram the sections of the plate according to the ChooseMyPlate icon portions of the plate. Your final plate should have each section shaded the assigned color for the food group based on the USDA icon.
(fruits = red, vegetables = green, grains = orange/tan, proteins = purple, dairy = blue)
2. Cut out and attach the provided Dairy icon to the “2 o’clock” position on each plate.
3. Cut out and label “Breakfast”, “Lunch” and “Dinner” to the appropriate plate.
4. Draw or Cut out a picture of each food item to create balanced meals that aligns with the USDA food guide standards. Variety is necessary for balance, be sure to use a variety of different foods for each food group throughout the day.
5. Label each portion of the plate with the quantity/amount of each food item. Each plate must include all 5 food groups in a portion that is appropriate amount in relation to the daily recommended amount of that food group. The total amount of each food group for all three plates should equal the recommended daily amount.



For proper portion sizes visit www.choosemyplate.gov. Finished plates should be neat, legible, and creatively presented.



Reflection Paragraph: Attach a three paragraph reflection on your current eating habits to the back of one of your plates. (1 paragraph = Minimum 5 sentences)

- ❖ Do you currently eat according to the USDA food guide recommendations?
- ❖ What recommendations would you make to your diet to better fit the guidelines?
- ❖ What action steps can you reasonably implement to eat healthier?

Teen Living I

MYPLATES Grading Rubric

Name: _____ Date: _____ Period: _____

Objectives Measured:			
6.01 Competency: PLAN FOOD CHOICES THAT MEET NUTRITION GUIDELINES			
6.01.2. Describe food groups serving sizes and list your recommended daily servings for each group			
6.01.3. Describe the main points to consider when planning nutritious, appealing meals and snacks			
	Mastered	Met	Developing
Application Bringing together the information learned to see the completed product	Excelled at accurately labeling food groups and serving sizes recommended for each food group. Plate is sectioned out appropriately and the food groups are shaded correctly.	Food for each food group is appropriately included. Minor inaccuracy or missing less than three groups in plate sectioning, food group shading or correct portions.	Missing one or more of the following: <input type="checkbox"/> Plate portion diagramming <input type="checkbox"/> Food group shading <input type="checkbox"/> Serving size labelling and or proper portion sizes.
Creativity, Neatness & Completion Personalized MyPlate shows effort, originality and creativity.	Presented MyPlates in an original way. Used a variety different food items, colors and illustrative techniques. Each plate is concise, accurate and easy to understand.	Presented MyPlates in a presentable way. Information is mostly accurate and understandable. Minimal inaccuracy or lack of clarity.	Submitted plates show evidence of lack of effort or thought. Effort toward neatness was minimal or unsuccessful. Project looks rushed or incomplete.
Written Reflection Personal reflection on current eating habits with recommendations to fit food guide and reasonable steps to take to get on track.	Assessment of personal nutrition is honest, and specific recommendations are made along with reasonable action plan. All three reflective questions are thoroughly answered in paragraph form.	Assessment of personal nutrition is made but lacking either specific recommendations or reasonable action plan. One or more reflective paragraph lacks thorough clarity.	Some assessment of personal nutrition is made but is vague or recommendations and action plan missing or unacceptable. And/or little to no attention was shown to provided reflective questions.

Total Score: _____

Comments:

(Copy this page on cardstock)

Dairy Cut Outs:

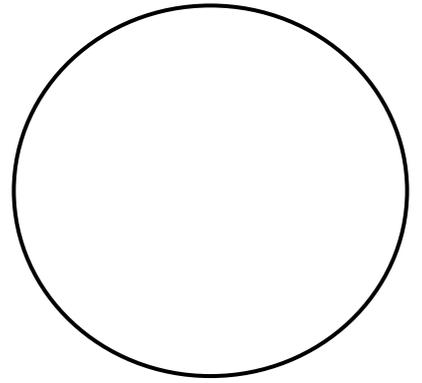
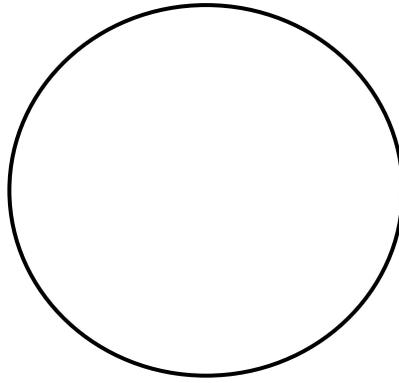
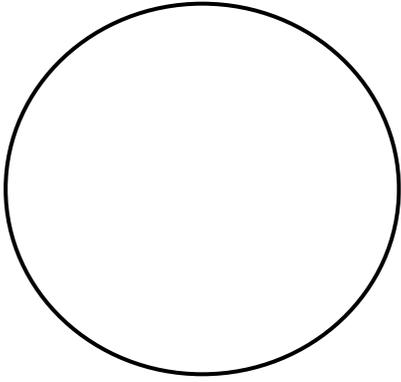


Plate Labels:

Breakfast

Lunch

Dinner

Dairy Cut Outs:

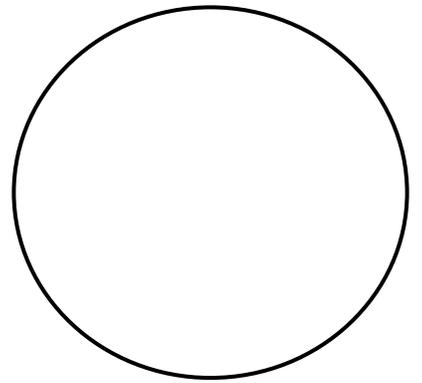
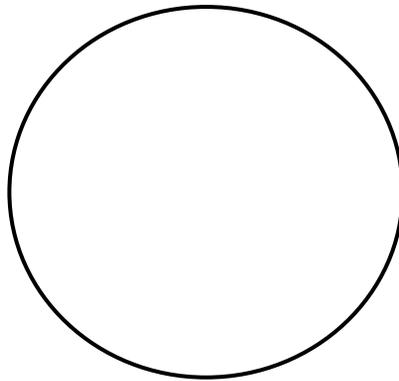
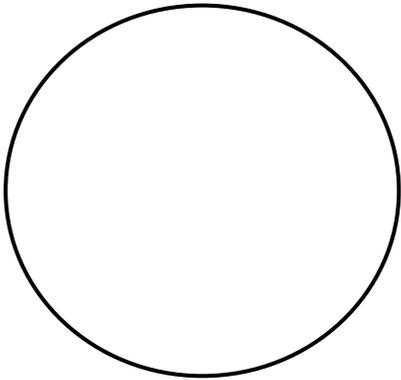


Plate Labels:

Breakfast

Lunch

Dinner

Dairy Cut Outs:

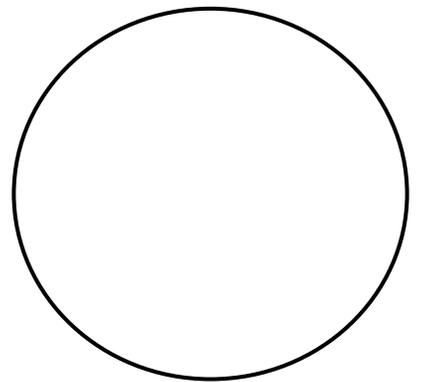
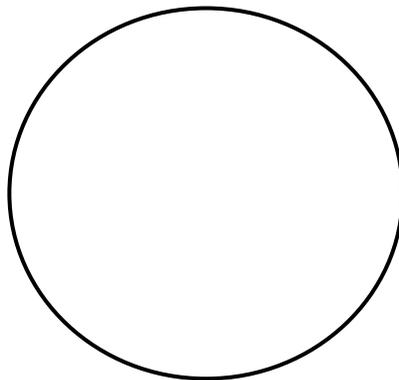
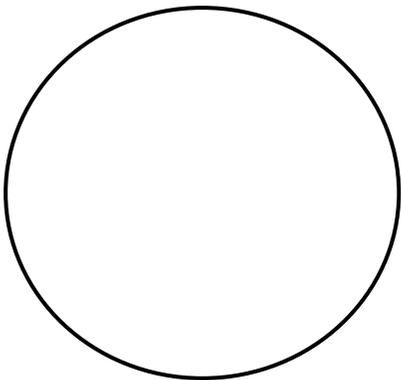


Plate Labels:

Breakfast

Lunch

Dinner