

Use your MyPlate notes form to help you answer the following questions. You may also access the [MyPlate website](#) to view their food group galleries.

1. The message “Vary your Veggies” applies to eating a variety of colorful vegetables. List **two** vegetables for each of the listed colors.

Green		Yellow	
Purple		Red	
White		Orange	

2. Which food groups are equal in size? List all that apply.

3. Define the word lean (as it applies to food):

4. Which of the following are lean proteins ? Check all that apply.

<input type="checkbox"/> Bacon	<input type="checkbox"/> Boneless/Skinless Chicken Breast
<input type="checkbox"/> Sausage	<input type="checkbox"/> 93/7% lean ground beef
<input type="checkbox"/> Flounder/cod	<input type="checkbox"/> Venison (deer)

5. Which of the following are plant proteins? Check all that apply.

<input type="checkbox"/> peanut butter	<input type="checkbox"/> soy	<input type="checkbox"/> eggs
<input type="checkbox"/> salmon	<input type="checkbox"/> sesame seeds	<input type="checkbox"/> chick peas
<input type="checkbox"/> kidney beans	<input type="checkbox"/> cheese	<input type="checkbox"/> almonds

6. What is the difference between whole and refined grains?

7. If a bread or cereal product’s ingredient list begins with “Enriched wheat flour...”, is it a whole grain? Explain.

8. Why are whole fruits encouraged over fruit juices?

9. How does MyPlate encourage healthy proportions? Explain.

10. Provide at least 3 dairy options besides milk that would fit that food group.
11. Why are we encouraged to drink more water than soda or fruit juice and limit our intake of cakes, chips and candy?
12. We are encouraged to read the nutrition facts label so that we know the amount of fat, sugar and sodium in the foods we are consuming. Show me where these items are located on this label. Highlight the sugar sections in pink, the sodium section in green and the fat sections in yellow.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.