

The ChooseMyPlate website provides a personal eating and activity plan based on age, gender, weight, height, and physical activity. Use it to determine the food choices that support your recommended **food intake pattern**. Don't miss the opportunity to calculate how much physical activity you and each of your friends need to make healthy choices!

Choose MyPlate: All Mine

NOTE: This activity now reflects MyPlate Guidelines. Please complete these pages instead of the ones in your book.

What to Do

Visit the website choosemyplate.gov/MyPlate-Daily-Checklist-input and enter your details. How many daily calories are recommended for you? Click on the calorie recommendation to get your MyPlate Daily Checklist and record the results below:

Fill in the blanks using the amount to eat from each food group daily.

Fruits _____ cups

Vegetables _____ cups

Grains _____ ounces

Proteins _____ ounces

Dairy _____ cups

Make half your grains whole.

Aim for at least _____ ounces of whole grains a day.

Vary your veggies.

Vary your veggies.

Aim for this much every week:

What color vegetables should you try to eat more of:

Limit:

Drink and eat less sodium, saturated fat, and added sugars.

Sodium to _____ milligrams/day

Saturated fat to _____ grams/day.

Added sugars to _____ grams/day.

Look at the second page of your MyPlate Daily Checklist and record all the things you ate today, and then assign them to a food group. Compare your day to your suggested amounts. Are you close to your targets? Think what changes you might make to your diet and exercise routine to help you reach your targets. At the bottom of the worksheet, record your progress (MyPlate, MyWins) and write goals for tomorrow. Once completed, attach your MyPlate Daily Checklist to this project book. You and each of your friends can complete this activity independently so that each of you has a personal eating and activity plan to share while planning a menu for a sleepover. Have fun with it by comparing your responses with your friends.

LEARNING OUTCOMES

Project Skill: Planning meals by determining food intake patterns

Life Skill: Processing information

Educational Standard: Ohio FCS Standard 1, Advocate a Healthy Lifestyle, Introductory Benchmark B: Demonstrate use of problem solving to make healthy food choices for a healthy body

Success Indicator: Determines individual recommendations for healthy eating using choosemyplate.gov

Talking It Over

SHARE How close was your daily food intake to the recommended intake on the Daily Checklist worksheet?

REFLECT Which food groups do you need to eat more of? Less of?

GENERALIZE How would you apply what you have learned when planning the menu for a sleepover? When planning activities or games?

APPLY How would you apply what you have learned to other situations that require researching and planning?

More Challenges

- Set aside time each day for physical activity, and make it part of your daily routine.
- Keep track of your daily meals for a week using the Meal Tracking Worksheet. Be sure to complete the three items at the bottom of the worksheet.

Did you know?

- The percent daily value for fiber is a good clue to the amount of whole grain in a product. Use nutrition facts labels to choose products with a higher percent daily value for fiber.
- A typical American does not get enough vitamins A and C, potassium, calcium, and iron. Use nutrition facts labels to choose brands with the highest percent daily value of these nutrients.
- Most Americans get plenty of protein, but not always from a healthy source. Eat lean or low-fat meat and dairy, poultry, fish, nuts, dry beans, and peas for healthy sources of protein.

FOOD SAFETY TIP

Always plan ahead and thaw frozen food in the refrigerator. Bacteria multiply rapidly at temperatures between 40°F and 140°F, the **temperature danger zone**. Uh-oh, room temperature is about 70°F. Danger!

Background

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Now that you have a personal eating and activity plan, it is time to take a closer look at MyPlate. The colors orange, green, red, blue, and purple represent the five different types of foods you should eat each day. (Don't forget to limit sodium, saturated fats and added sugars). To maintain a balanced diet, focus on the quantities and types of each food group you eat. Are your vegetables dark green, red and orange, are you mixing up your proteins to include seafood and beans?

Remember to use the results of your MyPlate Daily Checklist from choosemyplate.gov to make smart and healthy food choices. For specific ideas on what foods to eat, explore the kids and students areas of the website under "Audience". Don't miss the tips on how to limit fats, sodium and added sugars.

MyPlate is about more than making smart food choices, though. It's about finding a balance between food and physical activity. Generally, children and teenagers should be physically active for 60 minutes every day. Activities can include walking, jogging, swimming, playing baseball, riding a bike, dancing, etc. More or less activity may be necessary depending on how much you eat and whether you are trying to gain, maintain, or lose weight.



Party Hint

Food on a plate is like a work of art. Think of the rim of the plate as the frame. As with any work of art, you want the look of the food to be appealing.

The perfect **presentation** is a combination of variety and balance. Vary color, texture, shape, and flavor of the foods to create contrast and make the plate more interesting.

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Recipe

Soft Tacos with Homemade Seasoning

This recipe can easily be doubled. To save money, especially when making tacos for a big group, make your own taco seasoning mix. Makes 4 servings (8 tacos in all).

Homemade Seasoning

- ¼ cup instant minced onion
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 teaspoons paprika
- ½ teaspoon dried oregano
- ½ teaspoon dried marjoram
- 1 tablespoon instant minced garlic
- ¼ teaspoon pepper
- 2 tablespoons cornstarch
- 1 tablespoon salt
- 2 teaspoons crushed dried red pepper flakes

Mix all ingredients in a medium-sized bowl.

Soft Tacos

- 1 pound ground meat (lean beef or turkey)
- ¼ cup water
- 2 tablespoons taco seasoning mix (see recipe at left)
- 1 package small flour tortillas
- shredded light cheddar cheese
- shredded lettuce
- diced tomatoes
- salsa (optional)

1. Brown ground meat in large skillet over medium heat; drain grease.
2. Add water and seasoning mix. Reduce heat, cover pan, and simmer 10 minutes, stirring occasionally.
3. Make soft tacos by placing 2–3 tablespoons of meat filling in each tortilla. Add 2 tablespoons shredded cheese, lettuce, tomatoes, and salsa (if desired). Fold in half.

Notes for Next Time

Did this recipe turn out the way you expected? YES NO

Be as specific as possible when answering these questions. Consider the food's color, texture, taste, temperature, seasoning, appearance, and anything else that affects its overall appeal.

What do you like about this recipe?

What do you dislike about this recipe?

What, if anything, would you do differently the next time you make this recipe?

Nutrition Facts

Serving Size: 4 ounces (215g)
Servings Per Recipe: 4

Amount Per Serving		%Daily Value*	
Calories	519	Cal. from Fat	174
Total Fat	19g		30%
Saturated Fat	5g		25%
Trans Fats	0g		
Cholesterol	92mg		30%
Sodium	738mg		30%
Total Carbohydrate	52g		15%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	33g		
Vitamin A	6%	Vitamin C	4%
Calcium	25%	Iron	20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.