

Grain Group Question Sheet



Introduction

Use the resources about the food group you've been assigned to help you answer the questions on this sheet.

Grains

Use the Grains (Orange) section of MyPlate (<http://www.choosemyplate.gov/grains>) to find answers to these questions. You should read the opening page and then the "What counts as an ounce?"

1. Half of the grains you eat should be _____ grains. How many ounces of these should a teen have daily? _____
2. Grains are divided into two groups: _____ and _____.
3. List three examples of grain products.
a. _____ b. _____ c. _____
4. _____ grains contain the entire grain kernel. Give two examples.
a. _____ b. _____
5. _____ grains have been milled to remove the bran and germ. This improves their _____ life.

Give two examples of this grain.

- a. _____ b. _____

Next, go to "How much is needed?"

6. Find the chart and copy your daily recommendation of grain for your age. Include both parts.

Girls _____ Boys _____

Click on "Health Benefits and Nutrients."

7. Give two benefits of eating grains.

a. _____
b. _____

8. Grains are sources of what nutrients?

Click on "Tips to help you eat whole grains."

9. What are some tips for eating whole grains?
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Vegetables

Use the Vegetables (Green) section of MyPlate(<http://www.choosemyplate.gov/vegetables>) to find answers to these questions. You should read the opening page and then the “What counts as a cup?”

1. You should vary your _____ to include _____ green and _____ vegetables and more dry _____ and _____.

2. List the five subgroups with two examples of each:

Subgroup #1 _____

a. _____

b. _____

Subgroup #2 _____

a. _____

b. _____

Subgroup #3 _____

a. _____

b. _____

Subgroup #4 _____

a. _____

b. _____

Subgroup #5 _____

a. _____

b. _____

Next, go to “How much is needed?”

3. Find the chart and copy your daily recommendation of vegetables for your age.

Girls _____ Boys _____

Click on the chart

4. How many French Fries equal the one cup requirement? _____

However, French Fries contain _____ calories.

Next, click on “Health benefits and nutrients.”

5. Give two benefits of eating vegetables.

6. Vegetables are sources of what nutrients:

_____, dietary _____, _____, and vitamins _____, _____, and _____.

Next, click on “Tips to help you eat vegetables.”

7. What are some tips for eating vegetables?

Fruits

Use the Fruits (Red) section of MyPlate (<http://www.choosemyplate.gov/fruit>) to find answers to these questions. You should read the opening page and then the “What counts as a cup?”

1. You should eat a _____ of fruits. Eat _____, _____, _____, and _____ fruit but do not include too much _____.
2. Any fruit or _____ fruit juice counts as the fruit group.
3. Name five fruits and one juice that could be 100% fruit.

_____ juice

Next, click on “How much is needed?”

4. Find the chart and copy your daily recommendation of fruit for your age.
Girls _____ Boys _____

Now, click on “Health benefits and nutrients.”

5. Find three diseases which have a reduced risk for those who eat more fruits and vegetables.
6. Fruits are an important source of nutrients including _____, _____, _____, and vitamin _____.

Then, click “Tips to help you eat fruits.”

7. What are some tips for eating fruits?

Dairy

Use the Dairy (Blue) section of MyPlate (<http://www.choosemyplate.gov/dairy>) to find answers to these questions. You should read the opening page and then the “What counts as a cup?”

1. The opening paragraph tells you to get your _____ rich food. Most dairy choices should be _____ fat or _____ products.

You may also choose other _____ sources for this food group.

2. All _____ dairy products and foods made from milk are part of this food group. Foods that do not retain _____ are not part of the food group.
3. List three examples of dairy products.
 - a. _____
 - b. _____
 - c. _____

Next, go to "How much is needed?" Click to see chart.

5. Find the chart and copy your daily recommendation of dairy for your age.

Girls _____ Boys _____

Next, click on "Health benefits and nutrients."

6. People with a diet including dairy products can reduce the risk of _____ bone mass. Foods in the dairy group provide nutrients such as _____, _____, _____, and _____.

7. Summarize two of the health benefits of the dairy group.

a. _____

b. _____

8. Why is it important to make fat-free choices?

Click on "Tips for Making Wise Choices."

9. What are some tips for consuming dairy?

Protein

Use the Protein (Purple) section of MyPlate (<http://www.choosemyplate.gov/protein-foods>) to find answers to these questions. You should read the opening page and then the "What counts as an ounce?"

1. Go _____ on proteins. Choose _____ fat or lean _____ and _____.

2. List some ways in which one should prepare meat.

3. What are the six different categories included in this group (highlighted in bold print)?

a. _____ d. _____

b. _____ e. _____

c. _____ f. _____

Go to "How much is needed?"

4. Find the chart and copy your daily recommendation of protein for your age.

Girls _____ Boys _____

Click on "Close."

Next click on "Nutrients and health implications."

5. Foods in the protein group provide nutrients that are vital for _____ and _____ of _____.

6. However, foods from this group are high in _____ and _____.

7. This group provides many nutrients. What is the function of protein?

8. What is the function of the mineral iron?

Go to “Tips for making wise choices.”

9. What are some tips for eating meats and beans?

Next go to “Vegetarian Choices.” Then click on the link to “Vegetarian Diets.”

11. What are four tips for vegetarians?

- a. _____
- b. _____
- c. _____
- d. _____