

Name: _____

Date: _____

MyPlate Scavenger Hunt

Directions: To answer the questions below follow the list of steps:

- Go to the web site www.choosemyplate.gov.
- Click on the "Myplate" tab.
- Click on the different food groups listed on that page.

Grains

1. What is the difference between a refined grain and whole grain? Provide **two** food examples of each.

| | |
|----------------|-----------|
| Refined Grain: | Examples: |
| Whole Grain: | Examples: |

2. When a refined grain is enriched, that means certain _____ vitamins and _____ are added back after processing.
3. List two health benefits from eating whole grains.

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Vegetables

4. Vegetables are organized into 5 subgroups, based on their _____ content.

Listed below are different vegetables which all fall into different subgroups. You will need to list which subgroup the vegetable is classified as **and** the amount required to count as **1 cup** of vegetables. **Look at the chart found in *What counts as a cup* in the vegetable section.**



| | | |
|---|---|--|
| <u>Raw spinach</u> Subgroup: Amount: | <u>Green Peppers</u> Subgroup: Amount: | <u>Black Beans</u> Subgroup: Amount: |
| <u>Winter Squash</u> Subgroup: Amount: | <u>Corn</u> Subgroup: Amount: | <u>Tomato Juice</u> Subgroup: Amount: |

Fruits:

Click on the chart in *How Much is Needed*.

5. How much fruit does a 14-18 year old girl need?

How much fruit does a 14-18 year old boy need?



Click on the link in *What counts as a cup*.



6. A 16 year old male consumes 1 large banana and 1 snack container of apple sauce. Is he getting the recommended daily serving of fruit for his age and gender?

7. A 17 year old female consumes a medium sized pear and a small box of raisins. Is she getting the recommended daily serving of fruit for her age and gender?

Click on *Tips to help you eat fruit* on the left side of the page.

8. List two tips under the category “For Best Nutritional Value”.

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Dairy

9. What is the reasoning for choosing fat free or low fat milk, yogurt, or cheese when selecting items from the milk group?
10. List some calcium choices for those who do not consume milk products.

Protein

11. Omega-3 fatty acids may reduce the risk of mortality from cardiovascular disease. List 3 protein sources that are high in omega-3 fatty acids.
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12. How much protein is needed for a 14-18 year old male? List the foods they could eat to achieve their goal.
13. How much protein is needed for a 14-18 year old female? List the foods they could eat to achieve their goal.

Oils

14. Oils from plant sources (vegetable and nut oils) do not contain any_____.

15. A few plant oils however including coconut oil and palm kernel oil are high in _____.

Exercise –Click on *Physical Activity* on the **top** part of the page. Click on *How much physical activity do I need?*

16. Approximately how many minutes should **TEENAGERS** be active each day?

17. Knowing what you know now, and using the choosemyplate.gov website, fill in the amounts needed on the plate to the left for YOU at this stage of your life. To help you, click on each category, and look under *How much is needed daily?*

