Name:				Date:	
Go to the weClick on theClick on the	eb site www.choosem "Myplate" tab. different food groups	s listed on that page.	s:		1.
What is the difference between a refined grain and whole grain: Refined Grain:			Examples:		
Whole Grain:			Examples:		
processing. 3. List two health b * * Vegetables 4. Vegetables are of Listed below are difference the vegetable is class as 1 cup of vegetable.	penefits from eating w rganized into 5 subgr fferent vegetables wh	whole grains. Toups, based on their nich all fall into differer unt required to count or found in What		content. ps. You will need to list when the content is the content in the content is the content in the conten	
Raw Subgroup: Amount:	v spinach	Green Pepper Subgroup:	r <u>s</u>	Black Beans Subgroup:	and the state of t
	er Squash	Corn Subgroup:		Tomato Juice Subgroup:	
Amount:		Amount:		Amount:	
Fruits: Click on the chart in <i>Hov</i> 5. How much fruit	w Much is Needed. does a 14-18 year old	d girl need?	Todas To	Comment was a series of the comment	And the second s

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".
 - *

Dairy

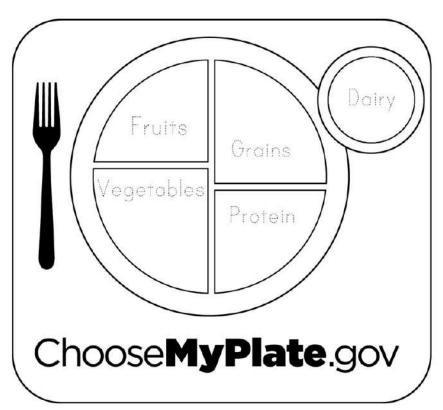
- 9. What is the reasoning for choosing fat free or low fat milk, yogurt, or cheese when selecting items from the milk group?
- 10. List some calcium choices for those who do not consume milk products.

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.
 - *
- 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?*