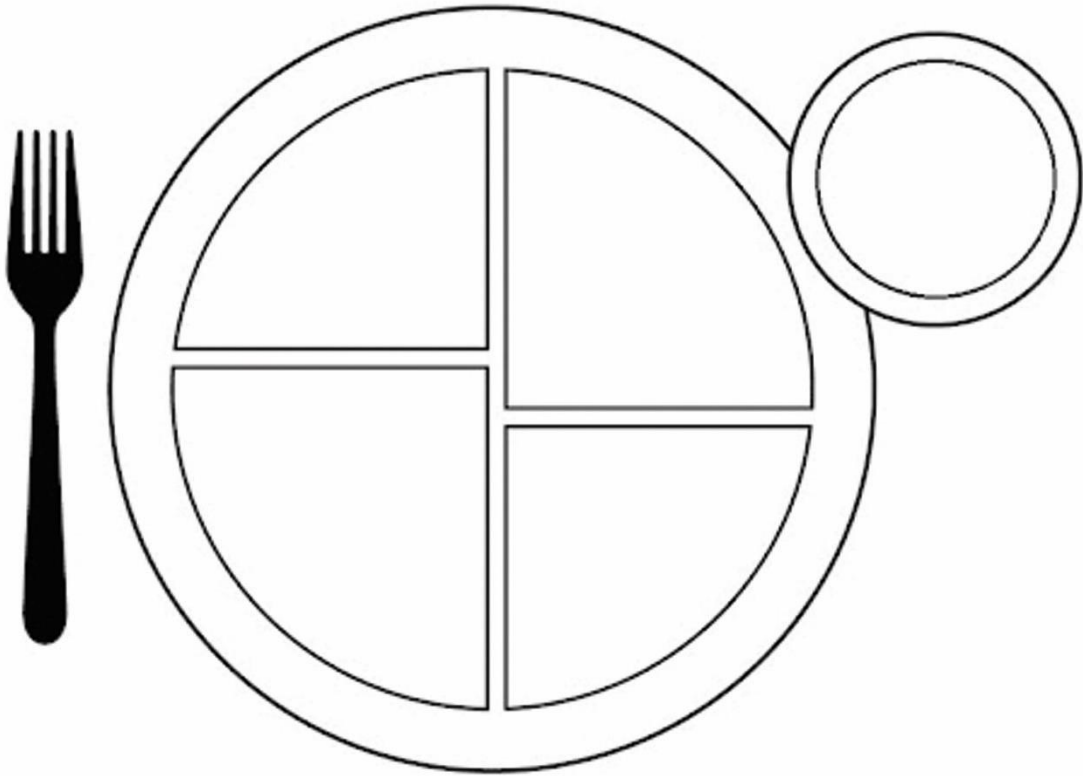


Name:

Period:



Label and color the 5 components of the MyPlate to ensure you are eating healthy.



Besides eating healthy what do you need to include in your diet?

How many minutes a day should you be getting exercise at your age?

What are some examples of exercising that you can do?

Calories and Fat and Eating Right!

Please circle the best answer.

- What are calories?
 - Unhealthy nutrients that can cause cancer
 - The energy that is contained in food
 - Fatty substances that can cause heart disease
 - Extra nutrients that are added to foods during processing
- When we consume more calories than we need, the extra calories
 - Pass through the body with no effect
 - Make us sick
 - Are stored as fat
 - Give us higher levels of energy
- Being healthy involves a balance of two things: eating well and
 - Being physically active
 - Dieting at least once a week
 - Avoiding difficult tasks
 - Taking vitamin supplements
- Which important food group contains foods like broccoli, carrots, sweet potatoes, dry beans and peas?
 - Vegetables
 - Fruit
 - Protein
 - Grain
- According to the My Plate, half of your plate should be filled with
 - Fruits only
 - Dairy
 - Fruits and vegetables
 - Protein
- Brown rice, oatmeal, and whole wheat bread are all examples of
 - Unhealthy foods
 - Dry beans
 - Refined grains
 - Whole grains
- Which of these protein foods is the least healthy choice?
 - Roasted chicken
 - Broiled seafood
 - Nuts and seeds
 - Fried bacon
- _____ are healthy in small quantities.
 - Unsaturated fats and oils
 - Added sugars
 - Trans fats
 - Foods high in salt
- Which of the following is the least healthy breakfast food?
 - A bowl of fresh fruit
 - Two eggs and a slice of whole grain toast
 - Cold cereal with whole milk and added sugar
 - Low fat yogurt
- _____ improves mood, relieves stress, increases flexibility, and builds muscles.
 - Eating lots of protein
 - Exercising
 - Sleeping late on the weekends
 - Watching t.v



How many servings of fruits should you get for your age and gender? _____

Why should we eat fruits? What do they do for our body?

How many servings of vegetables should you get for your age and gender? _____

Why should we eat vegetables? What do they do for our body?

Let's Taste!

Food	Food Group	Have You Eaten it Before?	Calories Per Serving	Did You Like It?

EXTRA ACTIVITIES:

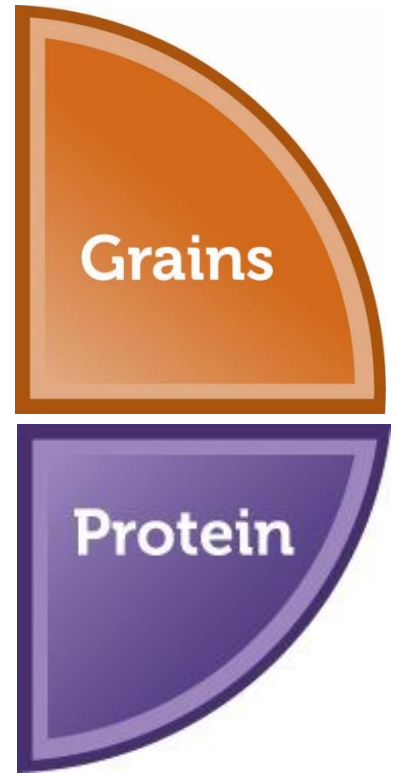
<http://www.choosemyplate.gov/fruitquiz>

<http://www.choosemyplate.gov/vegetablequiz>



How many servings of grains should you get for your age and gender? _____

Why should we eat grains? What do they do for our body?



How many servings of protein should you get for your age and gender? _____

Why should we eat protein? What do they do for our body?

Let's Taste!

Food	Food Group	Have You Eaten it Before?	Calories Per Serving	Did You Like It?



How many servings of protein should you get for your age and gender? _____

Why should we eat protein? What do they do for our body?

Let's Taste!

Food	Food Group	Have You Eaten it Before?	Calories Per Serving	Did You Like It?

How about we try a little bit of everything in one delicious snack!?



Smoothies

Yield: 4 smoothies

Ingredients:

- 1 cup any fruit
- ¼ cup spinach
- ¼ cup orange juice
- 1 ¼ cup vanilla yogurt
- 2 Tablespoons honey

Directions:

Combine ingredients in blender and serve.

Chewy Granola Bars

Ingredients:

- 2 ¼ cup oatmeal
- ½ cup flour
- ½ tsp baking soda
- ½ tsp vanilla
- 5 Tbsp butter
- ¼ cup honey
- 3 Tbsp brown sugar
- ½ cup chocolate chips
- ½ cup raisins or craisins

Directions:

1. Preheat oven to 325 degrees F. and lightly grease 8x8 inch pan.
2. Mix all ingredients together in mixing bowl.
3. Lightly press mixture into the greased 8X8 inch pan. Bake for 18-22 minutes. Let cool for 10 minutes before serving.