

Name: _____

Period: _____

MyPlate Match Game

Directions: Go to the following site to play the match game and answer the questions below:

<https://www.healthyating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>

1. Name the parts of "MyPlate" to show what food groups they represent:

Top left section: _____

Top right section: _____

Bottom left section: _____

Bottom right section: _____

Cup on side: _____



2. Hover over each section of MyPlate and give a tip/fact about why each group is important:

Fruits: _____

Vegetables: _____

Protein: _____

Grains: _____

Milk/Dairy: _____

3. Give 3 **HEALTHY** options of food that fall in each category (note: these do not have to be foods from the game)

3 Healthy Grain group items: _____

3 Healthy forms of protein: _____

3 Vegetables: _____

3 Fruits: _____

3 Healthy options from milk/dairy group: _____

4. Scroll down the page and click on "Serving Size Chart". Fill in the missing areas of the chart to show recommended serving sizes or "handy" reminders of how much counts as a serving from each group.

Food Item	"Handy" Comparison amount	Recommended Serving Size
Cheese	Size of your Pointer Finger	1 and ½ ounces
Yogurt or Milk		1 cup
Cooked Carrots		
Salad	2 fists	
Apple		1 medium apple
Bowl of dry cereal		1 cup
Noodles, rice, or oatmeal		
Slice of whole wheat bread	Flat hand worth	
Chicken, beef, fish, or pork		3 ounces
Peanut butter	Thumb size worth	

5. Name at least 2 activities you could do daily to reach your recommended 1 hour of physical activity:
