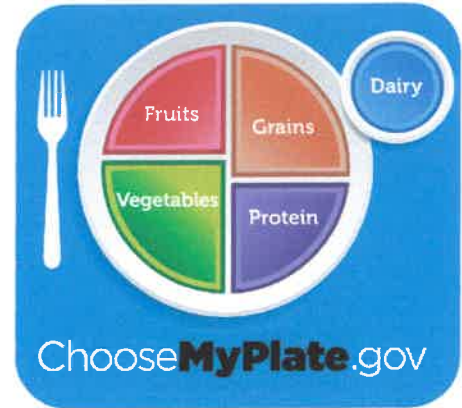


Name: _____

Period _____

MYPLATE Food Guide Assessment Checklist

Directions: Using your poster paper, create three plates—one for breakfast lunch and dinner that align with the USDA food guide standards.



1. Label each area of the plate for all 3 meals (example: grains, fruits, vegetables, etc). NOTE: include dairy as well, even though the cup is not there. If you are lactose intolerant, choose foods rich in calcium content and make note of why your dairy section isn't fulfilled.
2. Make a healthy 1-day meal plan by cutting out pictures of food items from the grocery store flyers, magazine, or you could hand draw a particular food item.
3. Glue the pictures of the food to the appropriate section of the plate.
4. Label the quantity of the food item AND the food item (ex: 3 oz. grilled salmon). NOTE: Be sure your amounts add up to your daily recommendations!!!
5. Make your choices as healthy as possible! Ex: grilled vs. fried; low sodium, low fat, whole grain vs. refined
6. Finished plates should be neat and legible!

Checklist:

- _____ 1. Each section of the plate is labeled with the various food groups 10 points
- _____ 2. Each plate is labeled breakfast, lunch, or dinner 10 points
- _____ 3. Each food item is labeled (what food is it?) Items are labeled as healthy as possible (grilled vs. fried; low sodium; low fat; whole grain; etc). 20 points
- _____ 4. The quantity (how much) of the food item is labeled and amounts add up to the daily recommendations. 20 points
- _____ 5. Appropriate portions are considered, and food groups are divided up throughout the day. (for example, 8 oz. of grains are not fulfilled in one meal) 25 points
- _____ 6. Project is neat, legible, and presentable. 15 points

Grade: _____

Comments: _____

Serving Sizes: Approximations to Common Items

Food: 1 Serving	1 Serving Item of Equivalent Size
Fruit: 1 Medium	1 Baseball
Fruit juice: 6 fluid oz.	Juice glass
Vegetables: 1/2 cup	Bulb part of a light bulb
Bagel: 1/2 small	1/2 of a packaged English muffin
Bread: toast 1 slice	Slice from standard loaf
Cold Breakfast Cereal: 1 cup (8 oz)	Standard teacup
Pasta or rice: 1/2 cup cooked	Cupped palm
Meat, chicken, fish: 3 oz.	Palm of a woman's hand
Beans (kidney, pinto, etc.): 1/2 cup (4 oz)	Bulb part of a light bulb
Eggs: 1 (replaces 1 oz. meat)	1 Large egg
Peanut butter: 2 tablespoons	Size of 1 whole walnut shell
Cheese: 1 ounce (oz)	2 dominos
Milk, yogurt: 1 cup	Standard yogurt container
Soy milk: 1 cup	Standard yogurt container
Chips, snack foods: 1 ounce	(about 1/2 cup)
FATS	
Butter: 1 teaspoon (tsp.)	1 pat
Salad dressing: 1 tablespoon (T or tbs)	1/2 walnut shell full
Sugar: 1 teaspoon	1 packet
Cream Cheese: 1 tablespoon	1 packet
Whipping Cream (Light): 1 tablespoon	Size of 1 marshmallow
Half and Half : 1 tablespoon	1/2 walnut shell full
Most beverage glasses are 12 oz. or greater in size.	

