

Follow the directions below then answer the questions in complete sentences on a separate sheet of paper. (30 points)

Directions: Type in Mypyramid.gov

1. What do they mean when they say, “one size does not fit all”

Directions: Go to My pyramid plan

Directions: Type in Age, Sex, and Physical Activity

Directions: Click Submit

2. How many grains do you need?
3. How many vegetables do you need?
4. How much fruit do you need?
5. How much milk do you need?
6. How much of the meat and beans group do you need?
7. Record two tips from each of the food groups.
8. Record two snacks from each food group.
9. What is the difference between whole grains and refined grains. Give two examples of each one.
10. Click on the yellow band labeled oils & discretionary calories. Give a brief description of what discretionary calories are.

Go to inside the Pyramid. Click on the different colors of the pyramid to answer these questions.

Milk Group

11. Name 3 soft cheeses.
12. Name 5 tips for the milk group.
13. Name three milk based desserts
14. Name 4 items with their weights and sizes from the view milk food gallery.

Grain Group

15. What are the grains two subgroups?
16. What does the entire grain kernel contain?
17. Name 6 whole grains
18. Name 6 refined grains
19. Name 4 items with their weights and sizes from the view grains category.

Vegetables

20. Name 6 dark green vegetables
21. Name 4 starchy vegetables
22. Name 6 beans and peas
23. What vegetables would you eat from these vegetables?
24. Name 5 items with their weights and sizes from view vegetables food gallery.

Fruits

25. What berries are listed?
- 26 Name 4 items with their weights and sizes from the view fruits food gallery.

Oils

27. What oils are used to flavor food?

28. What foods are high in oil?

Solid fats are solid at room temperature.

Name the 6 listed:

29. Click on solid fats (in purple). What does it say the fats are high in?

Meats

30. Name 3 lean cuts of beef

31. What are the 3 game meats?

32. Name 6 dry beans and peas

33. Name 6 nuts and seeds

34. Explain what discretionary calories are.

35. Name 3 items along with their weights and sizes from the view meat food gallery

DIET ANALYSIS

(20 points)

1. Go to Mypyramid.gov and on the left side select my pyramid tracker.

2. Select Assess your food intake, then register by clicking on “here” for new user. Enter your gender, age, height, and weight, ect.

3. Proceed to food intake.

4. Enter food items, from your list, one at a time for all foods eaten in the last 24 hours.

Type in the name of the food and then select from the drop down list which one best describes the food you ate (fast foods are listed)

5. When all foods are listed then press select quantity.

6. Then select the size of the portion from the list (large, small, ect.)

7. Then type in the number of how many servings you had

8. Then go to save analyze.

9. The select calculate DG comparison. It will ask you if you want to maintain current weight or work toward achieving you healthy weight- select whichever.

10. Print our chart analyzing you diet for the day.

11. Where there is a sad face saying you did not meet or exceeded the guidelines, ON THE BACK of the sheet you need to make a statement for EACH SAD FACE on what you need to meet for requirement. For example “I could have had a small salad with my hamburger instead of French fries”.

The analysis part of the entire site will also analyze nutrient intake and compare you amount to the recommendations. Or you can look at MY PYRAIMD RECOMMENDATIONS to see a bar graph about how much you had and how much you needed.

Write a paragraph (minimum 5 sentences) about your results. Describe what you are doing that is beneficial to your diet and what you can do to improve your overall lifestyle to incorporate a healthy eating plan.