

Exploring Food and Fitness Choices Worksheet

Exploring MyPyramid

In 2005, the United States Department of Agriculture (USDA) introduced the MyPyramid food guidance system. The USDA chose the name MyPyramid to emphasize that no single plan satisfies the food and fitness requirements of every American. The MyPyramid system can provide specific recommendations for any individual based on age, sex, and daily activity level. With this worksheet, you will explore the MyPyramid Web site to learn more about MyPyramid's recommendations for you.

GETTING STARTED

1. With your parent or teacher's permission, connect to the Internet and type in the following Web address: www.MyPyramid.gov
2. Read the information in the center of the page, and then locate the section at the top right of the screen called My Pyramid Plan.
3. Enter your age, sex, and estimated amount of daily physical activity. You should only include moderate to vigorous physical activities (such as brisk walking, aerobics, or heavy yard work) in your estimate. Don't include light physical activity that is part of your ordinary routine, such as walking to and from classes, taking the trash out, etc.
4. Click the **Submit** button.

YOUR PLAN

5. The next screen presents a plan tailor-made for you. On the last two pages of this worksheet, there are spaces for you to record MyPyramid's recommendations for you. In the chart titled "Section 1: Food Groups," record the amounts from each of the five food groups that MyPyramid recommends for you. (Note: Oils are not considered a food group, but they are represented in the MyPyramid symbol because they are an important part of a healthy diet. Record your recommendations for oils in step 6 below.)
6. Record the other details of your plan on the page titled "Section 2: Other Recommendations."
7. If you went to other screens for step 6, click **Back** until you have reached the "My Pyramid Plan" screen again. Then, click on the **Grains** rectangle. Read the information, and then click on the **Learn more** rectangle to review examples of foods from the Grains group. Be sure to scroll down to read the entire screen.
8. In your chart, list some of your favorite foods from the Grains group.
9. Click the **Tips to help you eat whole grains** link at the upper right.

Name

Class

Date

10. Review the tips. In your chart, write down two tips that you think would be especially useful in helping you meet MyPyramid's recommendation. (You can also check out the other links at the upper right of the screen. With these links, you can learn more about how much you are supposed to eat and why certain choices from the Grains group offer more nutritional benefits than others do.)
11. Based on the tips and other information you read, determine two or three foods from the Grains group that you've never eaten but might like to try. Record these in your chart.
12. Click **Back** until you have reached the "My Pyramid Plan" screen again. Repeat steps 7 through 11 for the other four food groups.
13. Click **Back** (if necessary) until you reach the "My Pyramid Plan" screen again. Find the links on the right side that allow you to view and print your results and a Meal Tracking Worksheet. You can use these resources, along with this completed worksheet, to help you make healthy choices.

FINDING MORE INFORMATION

- Click the **Tips and Resources** link on the left side of the screen. This section provides overall guidelines for healthy eating and exercise. You can click on each of the tips in the middle of the screen to review the tips you've already learned and to find helpful tips about balancing your food intake with physical activity.
- In the "Related Topics" section at the right of the "Tips and Resources" screen, you'll find links to a sample menu, information about how to count mixed dishes using MyPyramid, tips for eating out, and tips for vegetarians. Explore these resources, and write down helpful information in the Notes section of your chart or on a separate sheet of paper.
- Click **Home** to return to the home screen. Click the **Inside the Pyramid** link on the left. Click on the figure climbing the steps of the pyramid for in-depth information about physical activity and its importance to your health.
- For an in-depth assessment of your food and fitness choices, click the **My Pyramid Tracker** link. (Note: The worksheet titled "Introduction to MyPyramid Tracker" will help you to explore and navigate the MyPyramid Tracker Web site.)

Name

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MyPyramid's Recommendations for Me

SECTION 1: FOOD GROUPS

Holt Health: Exploring Food and Fitness Choices

Group	Amount Per Day	My Favorite Choices	Helpful Tips	New Choices To Try
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Grains	_____	ounces
Vegetables	_____	cups
Fruits	_____	cups
Milk	_____	cups
Meat & Beans	_____	ounces