**My Plate Project Directions name**

1. **Warm Up: Draw below what you think the MY PLATE looks like.**
2. **After Mrs. Creech assigns you a computer.**
3. **Log in novell; go to the internet using Google chrome.**
4. **Type in the following url link :** [**http://tinyurl.com/k29uhux**](http://tinyurl.com/k29uhux)
5. **Scroll down….Click on “Click here to Play:”**
6. **Using your ear buds or headset, listen to the parts of the My Plate.**
7. **On the attached paper, correctly draw, color and label each food group of the My Plate.**
8. **Go to the back of the room and get your weight and height.**

**I weigh \_\_\_\_\_\_\_\_\_ lbs**

**I am \_\_\_\_\_\_\_\_\_\_\_ ft and \_\_\_\_\_\_\_in**

1. **Go to your computer again, go to the internet, type in the following url link:** <https://www.choosemyplate.gov/MyPlatePlan>
2. **Enter all the information asked for, click submit,**

**I should be eating:**

Calories = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Click on your calories**

 **of the screen clip on YOUR PLAN record below what you find out about what you should be eating daily.**

**I should be eating:**

**Fruits \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups**

**Vegetables \_\_\_\_\_\_\_\_\_\_\_ cups**

**Grains \_\_\_\_\_\_\_\_\_\_ oz.**

**Fruits \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups**

**Dairy \_\_\_\_\_\_\_\_\_\_\_\_\_\_cups**

**Protein foods \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ oz.**

1. **Look to the right and print off the PDF ( view as a PDF) – and go to printer to pick up (ask Mrs. Creech if you need help)**
2. **Take your print out and review it, does the numbers above match to what is on the print out?**
3. **Complete the LIMIT section below**

Drink and eat less sodium, saturated fat, and added sugars.

Limit:

• Sodium to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a day.

 • Saturated fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a day.

• Added sugars \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a day

1. **Complete - Be active your way:**

Children 6 to 17 years old should move \_\_\_\_\_\_\_\_\_\_\_\_\_ every day.

1. **Correctly write in each section of your attached MY PLATE the amount of each food group YOU should eat per day from each food group.**(use the info from #11 above)
2. **Correctly list 4 different examples of foods that you would/could find and eat in each of the food groups on the attached MY PLATE.** ( if you need ideas you can search within the following internet site <http://www.choosemyplate.gov/food-groups/>
3. **Based on what you NOW know, write ON you’re attached MY PLATE the following…**

 **Using 3 complete sentences, write 3 actions steps YOU will/can take in what you are going to eat or drink each day to be healthier this nine weeks.**

**Grading Rubric**

1. **5 groups correctly colored and labeled - 30 pts \_\_\_\_\_\_\_\_\_**
2. **Servings per food group listed – 30 pts \_\_\_\_\_\_\_\_\_**
3. **4 examples per group listed – 15 pts \_\_\_\_\_\_\_\_\_**
4. **Your 3 action steps for being healthier – 15 pts \_\_\_\_\_\_\_\_\_**
5. **Neat & colorful & correct spelling – 10 pts \_\_\_\_\_\_\_\_\_**

**Final project GRADE \_\_\_\_\_\_\_\_\_\_\_\_**