**My Plate Project Directions name**

1. **Warm Up: Draw below what you think the MY PLATE looks like.**
2. **Go to your assigned computer. Log in and uplug it and take it back to your desk.**
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. **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://tinyurl.com/y2qpb63s**](https://tinyurl.com/y2qpb63s)
2. **Enter all the information asked for, click submit,**

**Click on your calories and record below what you find out about what you should be eating daily.**

**I should be eating:**

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

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

An example of 1 serving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

An example of 1 serving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

An example of 1 serving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

An example of 1 serving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

An example of 1 serving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Correctly write in each section of your attached MY PLATE the amount of each food group YOU should eat per day.**(use the info above)
2. **Correctly list 4 different examples of the foods that you would 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 YOU will take in what you are going to eat or drink 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 \_\_\_\_\_\_\_\_\_\_\_\_**