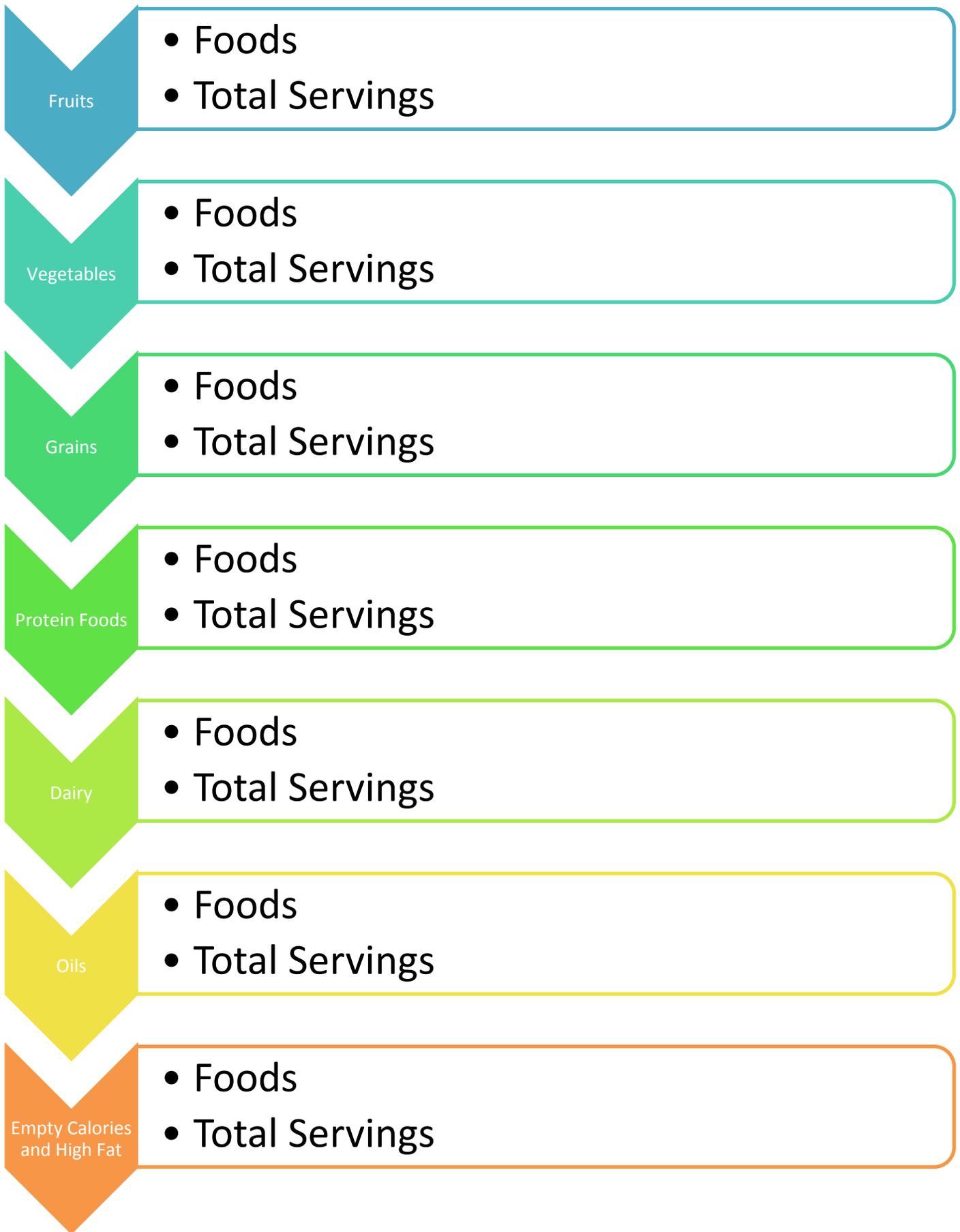


Food Group Chart



A little bit of this, a little bit of that

Directions: Use your food group chart and the other materials your teacher gave you as resources for answering the questions and completing the tasks below.

A. How much of each food group are you SUPPOSED to have? Use your My Plate plan to help you complete the chart below.

| Grains | Fruits | VEGETABLES | DAIRY | PROTEIN FOODS | OILS | EMPTY CALORIES AND HIGH FAT |
|--------|--------|------------|-------|---------------|------|-----------------------------|
| | | | | | | |

B. How much of each food did you ACTUALLY have? Use your food group chart to help you complete the chart below.

| Grains | Fruits | VEGETABLES | DAIRY | PROTEIN FOODS | OILS | EMPTY CALORIES AND HIGH FAT |
|--------|--------|------------|-------|---------------|------|-----------------------------|
| | | | | | | |

C. In each box, use the <, >, or = to compare how much of each food you had with what you were supposed to have. Use A and B above to help you complete the chart below.

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write: ***actually 5 > 2 supposed***

| Grains | Fruits | VEGETABLES | DAIRY | PROTEIN FOODS | OILS | EMPTY CALORIES AND HIGH FAT |
|--------|--------|------------|-------|---------------|------|-----------------------------|
| | | | | | | |

D. In each box, write an equation to show how much of each group you ACTUALLY had and what you were SUPPOSED to have. Is the equation balanced? How do you know?

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write: ***5 x 1 serving = 2 servings. This equation is not balanced because 5 is greater than 2.***

| Grains | Fruits | VEGETABLES | DAIRY | PROTEIN FOODS | OILS | EMPTY CALORIES AND HIGH FAT |
|--------|--------|------------|-------|---------------|------|-----------------------------|
| | | | | | | |

E. In each box, write what you need to do to balance the equation.

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write: ***I need to decrease the number of servings of fruits that I'm actually eating.***

| Grains | Fruits | VEGETABLES | DAIRY | PROTEIN FOODS | OILS | EMPTY CALORIES AND HIGH FAT |
|--------|--------|------------|-------|---------------|------|-----------------------------|
| | | | | | | |