

Name: _____

Making Healthy Choices

Jane is a 5th grader at Anytown Elementary. She has been trying to eat healthy foods from MyPyramid so that she can be healthy and feel great. Jane wrote down all of the foods she ate yesterday. Can you help her to make some simple changes to limit added sugars in her food and to follow MyPyramid?

Jane's Food Record:	
Breakfast	1 bowl cocoa puffs (2 servings) 1 cup 2% milk
Snack	strawberry Pop Tart Capri Sun
Lunch	Fruit roll-up peanut butter and jelly sandwich on white bread Capri Sun
Afternoon snack	chips apple vanilla ice cream
Dinner	orange soda grilled chicken breast ½ cup fruit salad 1 serving green beans 1 serving rice
Dessert	2 glasses soda Gummy worms

How did Jane do?

1. How many servings did Jane get from the:

Grains group? _____
Vegetable group? _____
Fruit group? _____
Milk group? _____
Meat, nuts, seeds group? _____
Fats group? _____

2. Did Jane meet the recommendations for the minimum number of servings from each of the food groups?

3. If no, for which food groups did she not meet the recommendations?

4. Name 5 changes Jane could make in order to limit added sugar in her food and to meet the recommendations of MyPyramid.

1.

2.

3.

4.

5.

5. Write a paragraph describing how you think Jane feels when she eats healthy foods.