

MyPyramid Scavenger Hunt Activity

1. What do the steps represent on MyPyramid?

2. What food group does each color represent on MyPyramid?

3. How do the Dietary Guidelines describe a healthy diet?

4. How much food from each food group does a 15-year-old female with moderate activity need to eat each day? (look at MyPyramid Plan)

Fruit	_____	Milk	_____	Vegetables	_____
Grains	_____	Meat & Beans	_____		

5. What are three examples of whole grain?

6. What do the bands of different widths represent?

7. A large bagel is ?? ounces of grain?

_____ ounces

8. Name the five vegetable sub groups?

9. What food group are carrots found in?

10. What sub-food group are carrots found in?

11. Tofu is a part of which food group(s)?

12. The added sugars found in sweetened milk products, such as flavored milks and fruit yogurts, count as part of your ?? calories?

13. A banana that is 8 to 9 inches long is ?? cup(s) of fruit.

14. A peanut butter and jelly sandwich provides ?? ounces of grain, ?? ounces of meat and a total of ?? calories.

15. What types of grains contain foliate?

16. What is one way vegetables can be increased in family meals?

17. Three moderate physical activities are:

18. How much physical activity should children have each day?

19. If you are a 154-pound male, biking less than 10 miles per hour, approximately how many calories will you use in 1 hour?

20. What are discretionary calories?

21. For most people, the general range of discretionary calories is ?? ?

22. The Dietary Guidelines and MyPyramid are for the general public ages ?? and older.

23. What are three of the key recommendations from the Dietary Guidelines?

24. MyPyramid tracker lets you track.

25. How do solid fats affect your health in comparison to oils?

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