

MyPyramid Scavenger Hunt Activity Answers

1. What do the steps represent on MyPyramid?

Physical Activity

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

Orange – Grains

Green – Vegetable

Yellow - Oils

Blue – Milk

Purple – Meat & Beans

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

- **Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk/milk products**
 - **Includes lean meats, poultry, fish, beans, eggs & nuts**
 - **Is low in saturated fats, trans fats, cholesterol, salt and added sugars**
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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)

Grains **6 oz.**

Milk

3 cups

Vegetables

2 ½ cups

Fruit **2 cups**

Meat & Beans

5 ½ oz.

5. What are three examples of whole grain?

Whole wheat bread

Wild brown rice

Whole wheat pasta

6. What do the bands of different widths represent?

The proportion of the total diet contributed by that food group

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

6 ounces

8. Name the five vegetable sub groups?

Dark green

Orange

Beans & peas (legumes)

Starchy

Other

9. What food group are carrots found in?

Vegetables

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

Orange

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

Vegetables

Meat & Beans

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

discretionary

13. A banana that is 8 to 9 inches long is ?? cup(s) of fruit.
1
14. A peanut butter and jelly sandwich provides ?? ounces of grain, ?? ounces of meat and a total of ?? calories.
2 2 375
15. What types of grains contain foliate?
enriched
16. What is one way vegetables can be increased in family meals?
As snacks, in casseroles, serve as a salad, on pizzas
17. Three moderate physical activities are:
Dancing Walking biking
18. How much physical activity should children have each day?
60 minutes
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?
290
20. What are discretionary calories?
Extra calories that may be available if most of the foods you have eaten have been low-fat, no sugar and low sodium
21. For most people, the general range of discretionary calories is ?? ?
130 - 160
22. The Dietary Guidelines and MyPyramid are for the general public ages ?? and older.
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23. What are three of the key recommendations from the Dietary Guidelines?
• Engage in regular physical activity and reduce time spent in sedentary activity
• Maintain body weight in a healthy range; balance calories eaten with calories spent
• Consume enough fruits and vegetables while staying within energy needs
24. MyPyramid tracker lets you track.
Dietary intake (food eaten physical activity)
25. How do solid fats affect your health in comparison to oils?
Tend to raise “bad” (LDL) cholesterol levels

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