Why learn how to eat a healthful diet?

Good health begins with good nutrition. In fact, some people say, “We are what we eat!” If we skip meals, eat on the run, or just don’t think about what we eat, chances are we won’t have a balanced diet. Choosing a variety of foods from MyPyramid will help us get the nutrients we need to be healthy.

What do we need?

unlined paper or copies of the following charts; pencils or markers

How long will it take?

a few minutes each day for a week

What do we do?

MyPyramid has the following main groups:

- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans

Using the MyPyramid worksheet on page 94, each family member should list foods they ate yesterday for every meal and snack. Then, list each food choice in the appropriate food group and estimate the total number eaten for each of the five food groups. Parents should help younger children analyze and record their servings. Also, record all physical activity, such as walking, dancing, biking, and rollerblading. Estimate total time spent being active.
# MyPyramid Worksheet

**Check how you did yesterday and set a goal to aim for tomorrow**

<table>
<thead>
<tr>
<th>Write In Your Choices From Yesterday</th>
<th>Food and Activity</th>
<th>Tip</th>
<th>Goal (Based On a 2000 Calorie Ration)</th>
<th>List Each Food Choice In Its Food Group*</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grains</td>
<td>Make at least half your grains whole grains.</td>
<td>6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td>Color your plate with all kinds of great tasting veggies.</td>
<td>2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits</td>
<td>Make most choices fruit, not juice.</td>
<td>1 1/2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snack</td>
<td>Choose fat-free or lowfat most often.</td>
<td>3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.</td>
<td>5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, 1/2 cup cooked rice, pasta, or 2 1/2 cups of vegetables)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat and Beans</td>
<td>Build more physical activity into your daily routine at home and school.</td>
<td>At least 60 minutes of moderate to vigorous activity a day or most days.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Physical Activity:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How did you do yesterday?  □ Great  □ So-So  □ Not So Great

My food goal for tomorrow is: ____________

My activity goal for tomorrow is: ____________

* Some foods don’t fit into any group. These “extras” may be mainly fat or sugar—limit your intake of these.
• Evaluate how you did by comparing your total amount of each food group eaten with the goal amount of each food group. Remember, each family member may have a different goal amount. Go to MyPyramid.gov for your personalized meal plan.

• Agree on a prize for the person who does the best job of balancing his/her diet and physical activity. Try to think of a prize that does not involve eating. What about a ticket to a movie, a new book or magazine, a compact disk, a video rental, a house plant, or a volleyball or basketball game for the whole family?

• Then write down your food and activity goals for tomorrow. Go back to the worksheet at the end of the day tomorrow. Did you meet or exceed your goals?

What happened?

• Describe how the family did on this activity.

What did you learn?

• What food group were you eating enough of? Too little? Too much?

• Did family members have problems getting in the recommended amount of physical activity?

Why was this activity important?

• What does this information tell you about your family’s eating habits?

What’s next?

• How could your family include more low-fat foods in their diet?

• How could family members help each other eat a balanced diet?