



# MyPlate Nutrition in a Bag

1. Creatively decorate the outside of your bag to represent a colorful rendition of MyPlate.
2. Write an acrostic poem using the letters of MyPlate to descriptively tell me what you learned about the food guide using short phrases. Be creative and colorful in your presentation of this poem. (No one word lines permitted in poem.)
3. Locate 3 food pictures that represent whole grains and 3 food pictures that represent refined grains and glue to labeled cardstock. Identify the major nutritional contribution(s) to this food group and the recommended daily intake for teens your age.
4. Locate 3 food pictures illustrating healthy fruits and glue to labeled cardstock. Identify the major nutritional contribution(s) to this food group and the recommended daily intake for teens your age.
5. Vegetables should be eaten in colorful varieties. Locate 5 food pictures representing different types of colorful vegetables and glue to labeled cardstock. Identify the major nutritional contribution(s) to this food group and the recommended daily intake for teens your age.

6. Locate 3 food pictures that represent plant based proteins and 3 food pictures that represent animal based proteins and glue to labeled cardstock. Identify the major nutritional contribution(s) to this food group and the recommended daily intake for teens your age.
7. Locate 3 food pictures representing healthy dairy products and glue to labeled cardstock. Identify the major nutritional contribution(s) to this food group and the recommended daily intake for teens your age
8. Using a large index card, draw and label 3 examples of physical activities/exercise that teens your age would enjoy. On the back side of the index card, write a paragraph (5-6 solid sentences) explaining the importance of exercise in a healthy lifestyle.
9. Locate 3 pictures of empty calorie foods that should be eaten in limited amounts in a healthy diet. Glue to labeled cardstock.
10. Write a paragraph (5-6 solid sentences) on an index card explaining what you've learned personally about MyPlate nutrition and why it's so important to your health. One per person and be sure to include your name on the card.

**\*\*Note:** Be sure names are on all documents, including the bag itself.

Date Due \_\_\_\_\_

Group Members \_\_\_\_\_

Rubric

Criteria	Present	Not Present
MyPlate on outside of bag, colorful rendition /10		
MyPlate Acrostic Poem/10		
Grains; all components/8		
Fruits; all components/ 5		
Vegetables; all components/8		
Proteins; all components/8		
Dairy; all components/5		
Physical Activity; all components/8		
Empty Calorie Foods/3		
Personal Paragraph/5		
Total Points/ 70		

Comments: