1. Circle the plate that most accurately follows the FDA’s recommended plan. Draw a box around the parts of the other plates that violate the recommended MyPlate plan.
2. You’re family decided to order takeout. How can you follow the MyPlate guidelines eating Chinese? Write the name of the menu items you would order in the correct section of the plate. Include the portion size of each item you would consume to keep with the recommendations. If you cannot find a food to fit the food category leave it blank.
3. What are your options when eating out somewhere that does not provide one of the categories on MyPlate?
4. Write the amounts of each food group you will receive by eating some of Mom’s Zucchini Casserole.

Mom’s Zucchini Casserole

- 3 medium zucchini, sliced
- 3 tablespoons olive or vegetable oil, divided
- 1 medium onion, sliced
- 1 garlic clove, minced
- 1 (28 ounce) can diced tomatoes, undrained
- 1 tablespoon minced fresh basil
- 1 1/2 teaspoons minced fresh oregano
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 1/2 cups dry instant stuffing mix
- 1/2 cup grated Parmesan cheese
- 3/4 cup shredded mozzarella cheese

In a large skillet, cook zucchini in 1 tablespoon oil until tender, about 5-6 minutes; drain and set aside. In the same skillet, sauté the onion and garlic in remaining oil for 1 minute. Add tomatoes, basil, oregano, garlic salt and pepper; simmer, uncovered, for 10 minutes. Remove from the heat; gently stir in zucchini. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Top with stuffing mix; sprinkle with Parmesan cheese. Cover and bake at 350F for 20 minutes. Uncover and sprinkle with mozzarella cheese. Return to the oven for 10 minutes or until golden.

5. In your own words explain what is wrong with this “plate” according to the MyPlate FDA guidelines. What are you supposed to do when fast food is the only option?