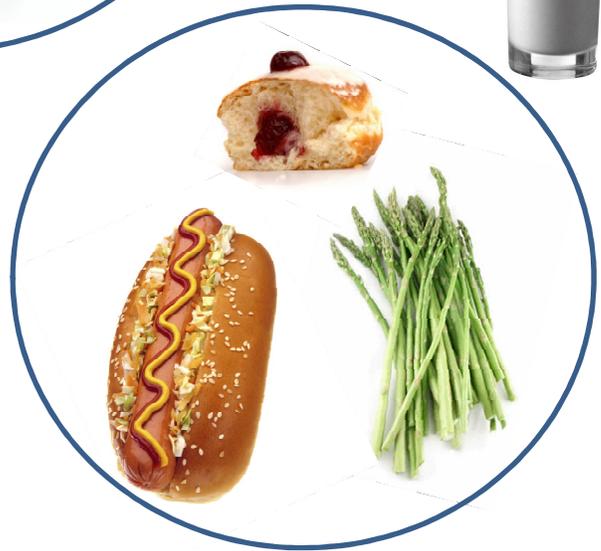
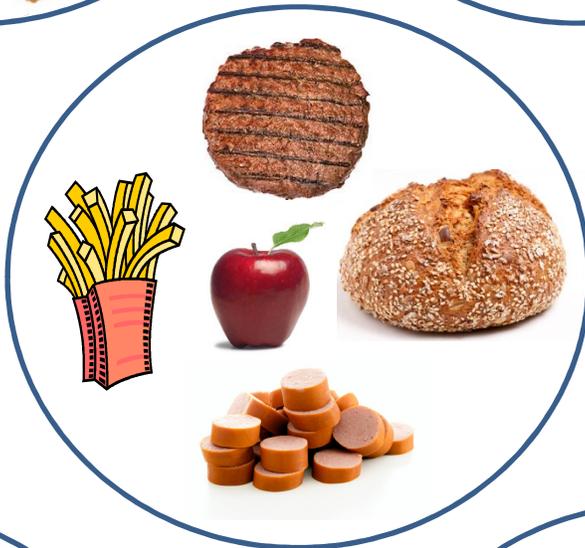
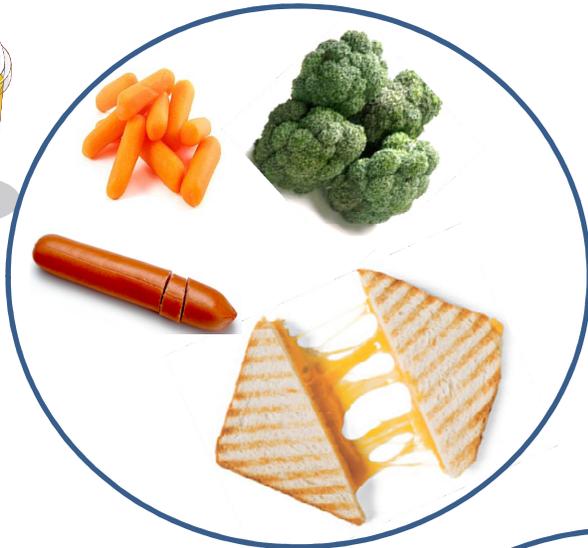


1. Circle the plate that most accurately follows the FDA's recommended plan. Draw a box around the parts of the other plates that violate the recommended MyPlate plan.



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.



SOUPS

WONTON SOUP.....	1.75
EGG DROP SOUP.....	1.75
HOT & SOUR SOUP.....	1.75
VEGETABLE SOUP (for 2).....	3.95
SEAFOOD DELIGHT (for 2).....	5.95
SEAFOOD HOT & SOUR (for 2).....	5.95

APPETIZERS

EGG ROLL (1).....	1.75
Filled with shrimp, pork & vegetables	
VEGETABLE SPRING ROLL (1).....	1.75
CRAB RANGOONS (6).....	4.95
CHICKEN / BEEF TERIYAKI (4).....	5.95
Chicken or beef marinated with teriyaki sauce on a skewer	
STEAM / FRIED DUMPLINGS (6).....	4.95
Filled with choice of ground pork or vegetables	
COLD / WARM SESAME NOODLES...3.95	
Flour noodles served with sesame & peanut butter sauce	
SCALLION PANCAKE.....	3.50
BARBECUED SPARE RIBS.....	5.95
APPETIZER PLATTER (for 2).....	10.95
Known as pu pu platter, served with 5 different appetizers	

TRADITIONAL

CHOW MEI.....	8.95
Onions, napa, celery & bean sprouts stir-fried with a choice of chicken, shrimp, beef or pork in a white or brown sauce, served with crispy noodles	
EGG FOO YOUNG.....	8.95
A fried egg cake with vegetables, eggs & a choice of chicken, shrimp, beef or pork, served with gravy on the side	
MU SHU.....	8.95
Shredded cabbage, bamboo shoots, mushrooms, scallions & egg stir-fried with a choice of chicken, shrimp, beef or pork, served with hoisin sauce (like plum sauce) & rolled up with thin pancake	
SWEET & SOUR DISHES.....	9.95
Fried chicken, pork or shrimp with pineapple & vegetables in sweet & sour sauce	

NOODLE

LO MEI.....	7.95
Soft noodles stir-fried with a choice of chicken, shrimp, beef, pork or vegetables or a combination	
STIR-FRIED BEEF CHOW FUN.....	8.95
Soft wide rice noodles & vegetables sautéed with oyster sauce. If requested, we can make chicken, shrimp or vegetable chow fun.	
SAUTÉED RICE NOODLES.....	8.95
Soft thin rice noodles & vegetables stir-fried with a choice of chicken, shrimp, beef, pork or vegetables or a combination. If requested, we can add curry for a Singapore style flavor.	

FRIED RICE

PORK FRIED RICE.....	6.50
or CHICKEN, BEEF or VEGETABLE	
SHRIMP FRIED RICE.....	7.95
or COMBINATION	
YAN CHOW FRIED RICE.....	7.95
PINEAPPLE FRIED RICE.....	7.95

CHINESE NOODLE SOUP

ANGEL HAIR NOODLE SOUP.....	7.95
Thin flour noodle, vegetable & a choice of chicken, shrimp, beef or pork in broth	
CHOW FEN NOODLE SOUP.....	7.95
Wide rice noodle, vegetable & a choice of chicken, shrimp, beef or pork in broth	

CHICKEN

CASHEW OR PEANUT CHICKEN.....	8.95
(Kung Pao Chicken) Diced chicken with celery, pepper, broccoli stem, scallions & a choice of nuts in a brown or a spicy brown sauce	
VEGETABLE CHICKEN.....	8.95
Sliced chicken breast stir-fried with mixed vegetables & tofu in a brown or white sauce	
BROCCOLI CHICKEN.....	8.95
GENERAL TSO'S CHICKEN.....	9.95
Marinated pieces of chicken fried until golden brown & crispy, then sautéed in a sweet, sour, spicy sauce	
GARLIC CHICKEN.....	8.95
Slices chicken breast with celery, carrots, broccoli stems & black mushrooms in a spicy garlic sauce	
MOO GOO GAI PAN.....	8.95
Sliced chicken breast with mushrooms, snow peas, napa & bamboo shoots stir-fried in a white sauce	
TRIPLE GREEN VEGETABLE CHICKEN.....	8.95
Sliced chicken breast with broccoli, string beans & snow peas stir-fried in a brown sauce	

HUNAN CHICKEN.....	8.95
Diced chicken with peppers, broccoli, mushrooms & baby corn in a spicy black bean hunan sauce	

SICHEN CHICKEN.....	8.95
Chicken breast stir-fried with celery, carrots, pepper & bamboo shoots in a spicy sauce	

STRING BEAN CHICKEN.....	9.95
--------------------------	------

CURRY CHICKEN.....	8.95
Slices chicken breast with carrots & onions stir-fried in a spicy curry sauce	

PORK

DOUBLE COOKED SLICED PORK....	8.95
Sliced pork sautéed with cabbage, seasoned bean curd, pepper & scallion in spicy brown sauce	

HUNAN PORK.....	8.95
Shredded pork stir-fried with napa, onion & pepper in a black bean sauce	

SEASONED TOFU PORK.....	8.95
Shredded pork stir-fried with seasoned dried tofu, dried chili peppers, bamboo shoots & scallions	

ROAST PORK WITH VEGETABLES...8.95	
Sliced seasoned roast pork stir-fried with mixed vegetables in brown sauce	

BEEF / LAMB

BROCCOLI OR STRING BEAN BEEF...9.95	
Sliced tender beef stir-fried with broccoli or string beans in a brown sauce	

GREEN PEPPER BEEF (Pepper Steak)...9.95	
Sliced tender beef stir-fried with green peppers & onions in a brown sauce	

VEGETABLE BEEF / LAMB.....9.95	
Sliced beef or lamb stir-fried with mixed vegetables in a brown sauce	

HUNAN BEEF / LAMB.....	9.95
Beef or lamb stir-fried with napa, peppers, scallions, onions & black beans in spicy brown sauce	

SCALLION BEEF / LAMB.....9.95	
Sliced tender beef or lamb stir-fried with onions & scallions in brown sauce	

GARLIC BEEF.....	9.95
Shredded beef stir-fried with celery, peppers, bamboo shoots & wood ear in a sweet & hot spicy garlic sauce	

ORANGE FLAVOR BEEF.....	10.95
Marinated pieces of tender beef fried until crispy, then stir-fried in sweet, sour & spicy sauce with orange flavor.	

SEAFOOD

CASHEW OR PEANUT SHRIMP.....	11.95
(King Pao Shrimp) Fresh shrimp stir-fried with celery, peppers, broccoli, scallions & a choice of cashews or peanuts in brown or hot spicy brown sauce	

VEGETABLE SHRIMP / SCALLOPS.....	12.95
Large shrimp or scallops stir-fried with mixed vegetables in brown or white sauce	

HUNAN SHRIMP OR SCALLOPS.....	12.95
Large shrimp or scallops stir-fried with napa, peppers, scallions, onions & black beans in spicy brown sauce	

GENERAL TSO'S SHRIMP.....	12.95
Large marinated shrimp quickly fried until crispy, then sautéed in a sweet, sour & spicy sauce	

BROCCOLI/STRING BEAN SHRIMP...12.95	
-------------------------------------	--

GARLIC SHRIMP / SCALLOPS.....	12.95
Large shrimp or scallops stir-fried with celery, carrots, broccoli stems & black mushrooms in a hot spicy sauce that is a little bit sweet	

SHRIMP / SCALLOPS.....	12.95
WITH LOBSTER SAUCE Large shrimp or scallops stir-fried with peas & carrots in egg white sauce	

VEGETARIAN

GARLIC EGGPLANT.....	7.95
Eggplant stir-fried with spicy garlic sauce	

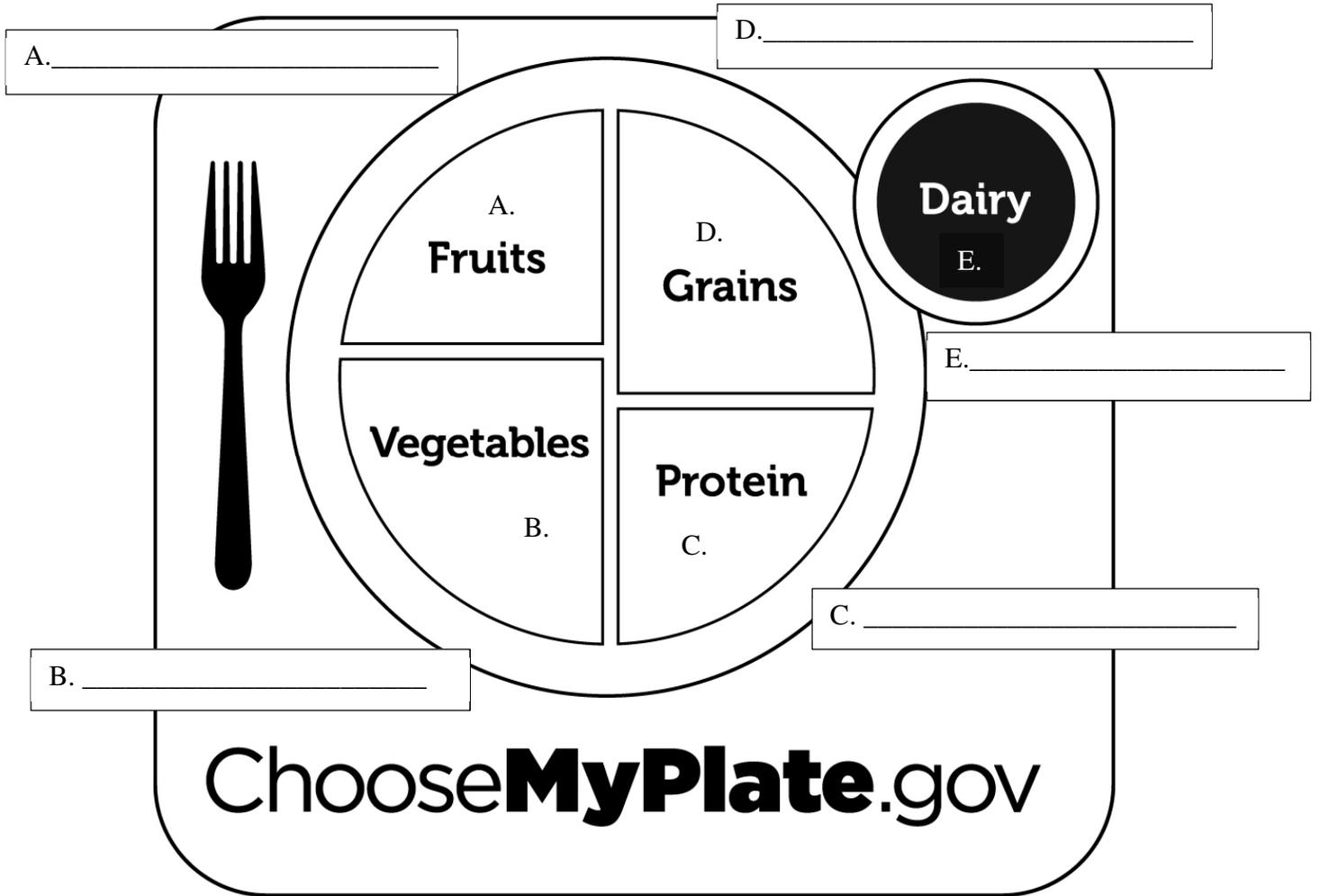
TRIPLE GREEN VEGETABLES.....	7.95
Broccoli, snow peas & string beans stir-fried with brown sauce or garlic sauce	

GENERAL TSO'S TOFU.....	7.95
Pieces of to fu quickly fried until crispy, then sautéed in sweet & sour & hot spicy sauce	

SAUTÉED STRING BEAN.....	7.95
String beans dried, & stir-fried with garlic, scallions & seasonings	

HOME STYLE TO FU.....	7.95
Pieces of to fu quickly fried until crispy, then sautéed with black mushrooms & snow peas in spicy brown sauce	

GARDEN VEGETABLES.....	7.95
Mixed vegetables stir-fried with white sauce or brown sauce	



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

Food Group Amounts

Color	Food Group	Amount
	Grains	
	Vegetables	
	Fruits	
	Dairy	
	Protein	

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?

