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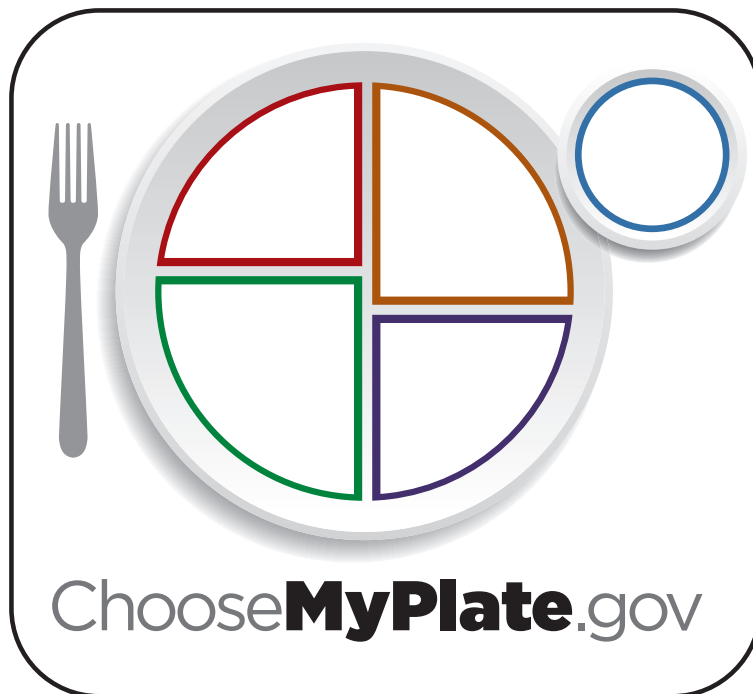
Hour: _____

VIDEO WORKSHEET

Review:

After watching Create a Great Plate MyPlate Dietary Guidelines answer the following questions.

1. Label the sections of MyPlate in the graphic below.



GRAINS

2. MyPlate says “Make half your grains whole grains.” What does that mean?

3. What are refined grains? What does “enriched” mean?

4. Why isn't color an indicator that bread is whole grain?

VEGETABLES

5. What are the five vegetable subgroups?

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6. What does the slogan “Vary your veggies” mean?

7. How much of your plate should be vegetables?

FRUITS

8. Which types of fruit choices are recommended: fresh, frozen, canned, or dried?

9. Why is whole fruit a better than fruit juice?

10. What are some easy ways to eat more fruit?

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PROTEIN FOODS

11. What are some non-meat sources of protein?

12. How often does MyPlate suggest you eat fish or seafood each week?

13. How can you make healthy choices when eating meat and poultry?

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DAIRY

14. What foods are included in the dairy group? What foods are not? Fill in the chart below.

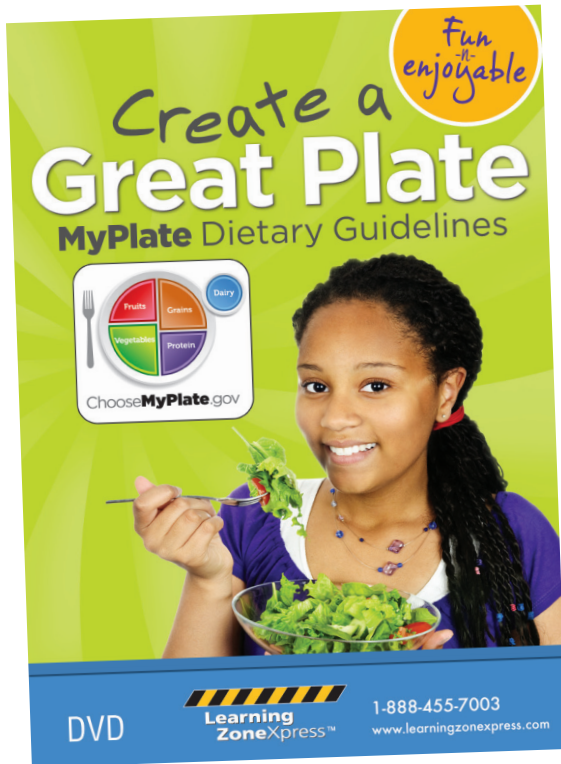
Included	Not Included

15. Why should you switch to skim (fat-free) or low-fat milk if you normally drink whole or 2% milk?

16. How can you get enough calcium if you don't eat dairy products?

OILS

17. What fats should we limit in order to be healthy? Where are they found?

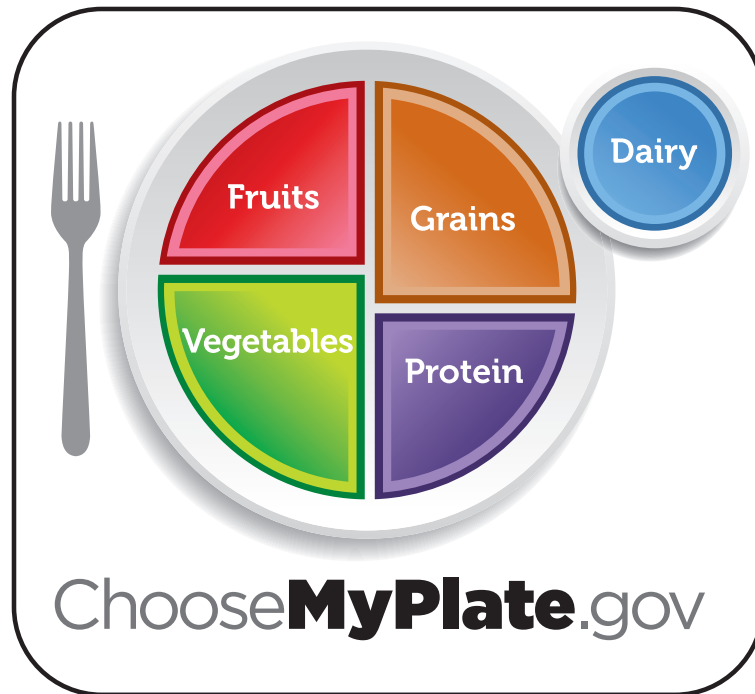


ANSWER KEY

Review:

After watching Create a Great Plate MyPlate Dietary Guidelines answer the following questions.

1. Label the sections of MyPlate in the graphic below.



GRAINS

2. MyPlate says “Make half your grains whole grains.” What does that mean?

We should eat at least half of our choices from the grain group from whole grains, such as whole wheat bread, whole grain pasta, or brown rice. Whole grains contain the entire grain kernel (bran, germ, and endosperm).

3. What are refined grains? What does “enriched” mean?

Refined grains have the bran and germ removed during milling, which gives them a finer texture and improved shelf life, but removes dietary fiber, iron and other nutrients.

Enriched means some nutrients that were removed during processing are added back in, typically B vitamins and iron, but not fiber.

4. Why isn't color an indicator that bread is whole grain?

Bread can be brown because of molasses or food colorings.

VEGETABLES

5. What are the five vegetable subgroups?

•Dark green vegetables

•Red & orange vegetables

•Starchy vegetables

•Other vegetables

•Beans & peas

6. What does the slogan “Vary your veggies” mean?

The slogan means to eat a wide variety of vegetables from each of the subgroups, especially dark green, red and orange vegetables.

7. How much of your plate should be vegetables?

Your plate should be filled with a little more than ¼ vegetables.

FRUITS

8. Which types of fruit choices are recommended: fresh, frozen, canned, or dried?

All fruit choices are acceptable with the MyPlate food guide. Avoid fruits canned in syrup, which contains extra sugar and calories and no extra nutritional value. Instead, choose fruit canned in water or 100% juice.

9. Why is whole fruit a better than fruit juice?

Whole fruit gives you fiber that is missing from juice. If you choose juice, check the label to make sure it is 100% fruit juice.

10. What are some easy ways to eat more fruit?

•Add to cereal or pancakes

•Drink 100% fruit juice

•Pack fruit for lunch or snacks

•Add fruit to tossed salads or coleslaw

•Serve fruit for dessert

•Dried fruit is easy to pack and won't spoil

•Try frozen 100% juice bars

•Make a smoothie from fresh or frozen fruit and yogurt or milk

PROTEIN FOODS

11. What are some non-meat sources of protein?

Eggs, seeds and nuts (including peanut butter and almond butter), beans and peas (including lentils, pinto beans, black eyed peas, etc.), and tofu

12. How often does MyPlate suggest you eat fish or seafood each week?

Twice a week

13. How can you make healthy choices when eating meat and poultry?

•Remove skin from chicken

•Limit breading, which soaks up extra fat

•Choose lean cuts of meat and poultry

•Bake, broil or grill instead of frying

•Choose low-fat luncheon meats instead of regular deli meats with more fat, like bologna or salami

DAIRY

14. What foods are included in the dairy group? What foods are not? Fill in the chart below.

Included	Not Included
Milk	Cream cheese
Soy milk	Cream
Yogurt	Butter
Cheese	Sour cream
Milk-based desserts (pudding, ice cream, frozen yogurt)	

15. Why should you switch to skim (fat-free) or low-fat milk if you normally drink whole or 2% milk?

Skim and low-fat milk has the same nutrition as higher fat milks, but with fewer calories and less saturated fat.

16. How can you get enough calcium if you don't eat dairy products?

Try calcium-fortified juices, cereals, breads, rice milk, or almond milk. Tofu and other soy products, and leafy greens like collard and turnip green, kale and bok choy also provide some calcium.

OILS

17. What fats should we limit in order to be healthy? Where are they found?

Saturated and trans fat, which are solid fats. Saturated fat is found in butter, margarine, shortening and marbled meats. Trans fat is found in some bakery items, cookies, crackers, etc.