



Name _____

Hour _____

Video Worksheet

Directions: After watching MyPyramid: Pass It On! answer the following questions.

1. What do the bright bands of color represent on MyPyramid?
2. Name the food group for each color.
 - a. Orange _____
 - b. Green _____
 - c. Red _____
 - d. Yellow _____
 - e. Blue _____
 - f. Purple _____
3. Why are some stripes larger than others?
4. Why is there a person walking up the stairs on the side of MyPyramid?

5. MyPyramid says "Make half your grains whole." What does that mean?

6. What is the meaning of the slogan "Vary your veggies"?

7. Which fruit choices are recommended: fresh, frozen, canned, or dried?

8. Why are low-fat dairy products part of the MyPyramid plan?

9. MyPyramid says, "Go lean with protein." What proteins should we eat?

10. What hidden fats should we limit in order to be healthy?



Teacher's Key

Directions: After watching MyPyramid: Pass It On! answer the following questions.

1. What do the bright bands of color represent on MyPyramid?

The variety of foods we should eat every day.

2. Name the food group for each color.

a. Orange Grains Food Group

b. Green Vegetables Food Group

c. Red Fruits Food Group

d. Yellow Oils

e. Blue Milk Food Group

f. Purple Meat & Beans Food Group

3. Why are some stripes larger than others?

Because we should eat more of foods in some groups than others

4. Why is there a person walking up the stairs on the side of MyPyramid?

The figure represents physical activity, which is part of the MyPyramid health plan.

5. MyPyramid says "Make half your grains whole." What does that mean?
We should eat a lot of 100% whole grain foods such as whole grain bread, pasta, cereal, rice and crackers.

6. What is the meaning of the slogan "Vary your veggies"?
MyPyramid encourages us to eat a wide variety of vegetables starting with dark green vegetables.

7. Which fruit choices are recommended: fresh, frozen, canned, or dried?
All fruit choices are okay in the MyPyramid food guide. However, the plan does encouraging going easy on fruit juices because there are more nutrients in whole fruit.

8. Why are low-fat dairy products part of the MyPyramid plan?
Eating calcium-rich milk products helps us build strong bones.

9. MyPyramid says, "Go lean with protein." What proteins should we eat?
Choose low-fat meat, poultry, fish, beans, eggs, nuts and seeds.

10. What hidden fats should we limit in order to be healthy?
Limit foods that have saturated and trans fat. These fats are found in pastries, chips and other processed snack foods.



Name _____

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MyPersonal Pyramid Plan

You can tap into all the information in the MyPyramid food guide any time right from your computer. Go to the website mypyramid.gov and prepare to improve your eating habits.

MyPyramid Plan

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, gender, and activity level in the **MyPyramid Plan** box in the upper right corner of the screen.

Press enter. Your personal pyramid plan will appear.

How many calories are recommended for you to eat each day? _____

What are the portions recommended for each food group?

Grains: _____

Vegetables: _____

Fruits: _____

Milk: _____

Meat & Beans: _____

What are some of the tips that you will utilize from the food group? _____

How will you use your pyramid plan? _____



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MyPyramid was created by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

MyPyramid Tracker

Go to the [MyPyramid Tracker](#) section to get an in depth assessment of your food intake and physical activity.

Food Choice Changes

What could you do today to improve your food choices at your own pace?

Physical Activity is Part of the Plan

The MyPyramid food plan includes recommendations for physical activity. Teens are encouraged to participate in some type of physical activity for 60 minutes most days. If you need to bring your weight back into a healthy range, the recommendation is to exercise 90 minutes most days.

How many minutes a day do you exercise or do some form of physical activity?

How many more minutes a day do you need to exercise?

What could you do to increase your daily physical activity?

1. _____
2. _____
3. _____