

6th Math Extension Project

Due Date: _____

Name: _____

Breakfast Totals:

Lunch Totals:

Dinner Totals:

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

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Breakfast Items:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Lunch Items:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Dinner Items:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

ONE-DAY Healthy Meals Menu Planner

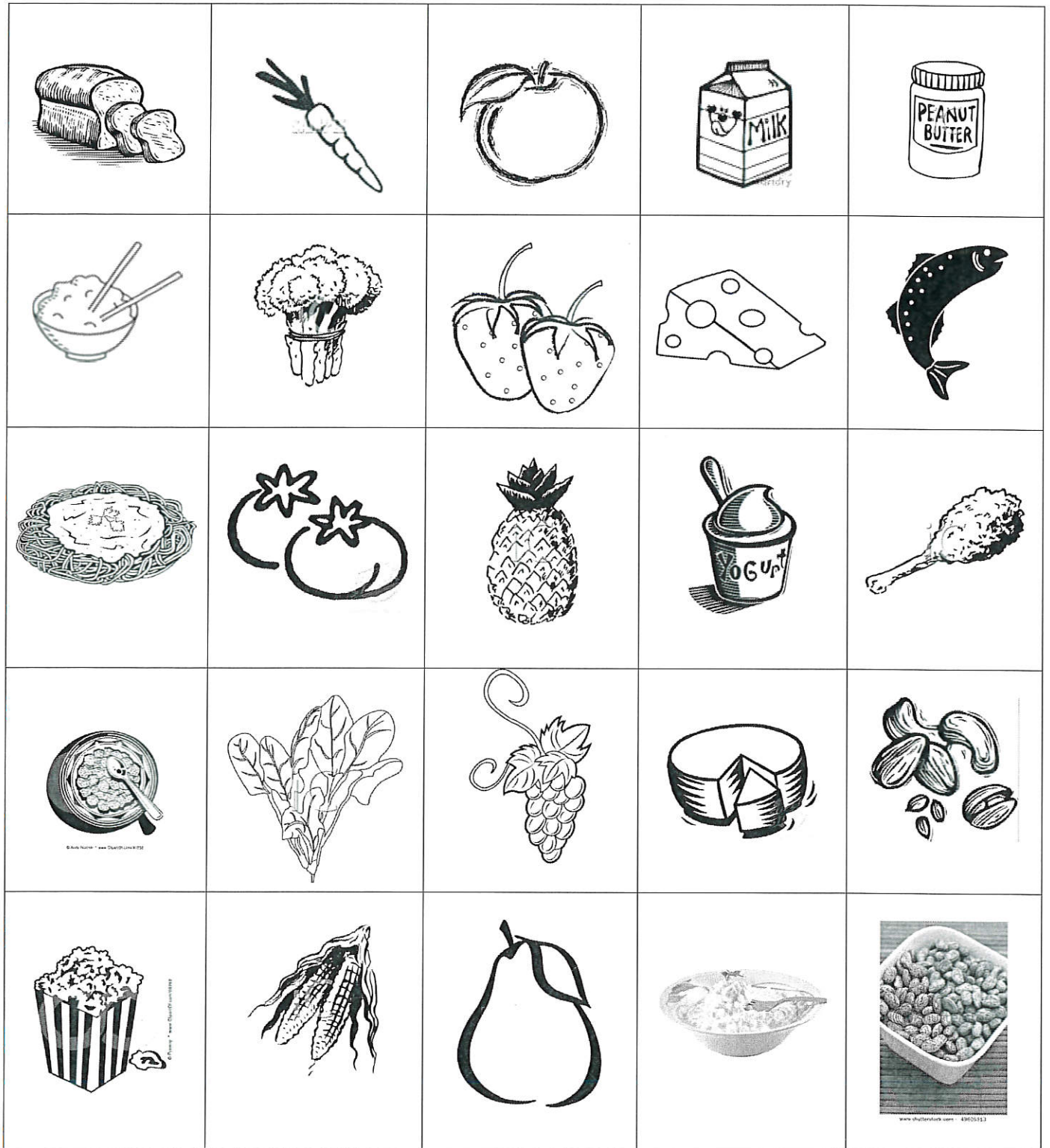
Name: _____

Date: _____

Now that you've examined the MyPlate food group recommendations, complete the One-Day Healthy Meals Menu Planner trying to have enough of the recommended food group servings and few, if any, empty calorie foods. (You don't need foods from ALL food groups for EVERY meal.)

Meal (Total Daily Servings)	VEGETABLES (3)	FRUITS (2)	GRAINS (6)	PROTEIN (2)	DAIRY (3)
Breakfast Foods					
Lunch Foods					
Dinner Foods					
Total servings for this day					

Food Group Cards
Grades 5-8



Reproduce, (laminates?), cut apart, and use in food group games for students in Grades 5-8.

What is One Serving?

GRAINS 6-10 ounces per day (6 servings)	VEGETABLES 2 ½ - 4 cups per day (3 servings)	FRUITS 1 ½ - 2 ½ cups per day (2 servings)	DAIRY 3-4 cups per day (3 servings)	PROTEIN 5-7 ounces per day (2 servings)
<i>Make at least half of your grains whole grains</i>	<i>Make half of your plate vegetables and fruits.</i>	<i>Make half of your plate fruits and vegetables</i>	<i>Select 1% or non-fat dairy foods</i>	<i>Vary your protein (including dried beans)</i>
1 ounce is equal to: 1 slice bread 1 cup breakfast cereal ½ cup rice ½ cup pasta ½ cup cooked cereal	1 cup is equal to: 1 large baked potato or sweet potato 2 cups lettuce (romaine, spinach, iceberg)	1 cup is equal to: 1 medium mango 1 large banana 1 medium apple Medium bunch of grapes 2 plums	1 cup is equal to: 1 cup milk, soy milk, rice milk 1 cup yogurt 1/3 cup shredded cheese or 1 ½ ounces of hard cheese	1 ounce is equal to: ¼ cup of beans 1 ounce of cooked meat, fish, poultry 3-4 pieces of shrimp 3 thin slices of cold meat 10-12 almonds or cashews 2 Tablespoons peanut butter
	½ cup is equal to: ½ cup corn or ½ cob of corn ½ cup raw veggies (such as carrots, celery, broccoli) ½ cup green beans ½ cup tomatoes ½ cup tomato juice	½ cup is equal to: ½ grapefruit 1 small orange ½ cup 100% juice 1 peach ¼ cup raisins ½ cup strawberries, blueberries, raspberries 1 kiwi ½ cup canned fruit	½ cup is equal to: ½ cup pudding(made with milk) ½ cup frozen yogurt	
Find a Balance Between Food and Physical Activity. <ul style="list-style-type: none"> Be physically active for at least 60 minutes most days of the week. 		Know the limits on fats, sugars and salt (sodium). <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fat, and sodium low (5% or less of % Daily Value) Choose food and drinks low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		

Adapted from: <http://www.californiaprojectlean.org/doc.asp?id=193>
<http://www.choosemyplate.gov>