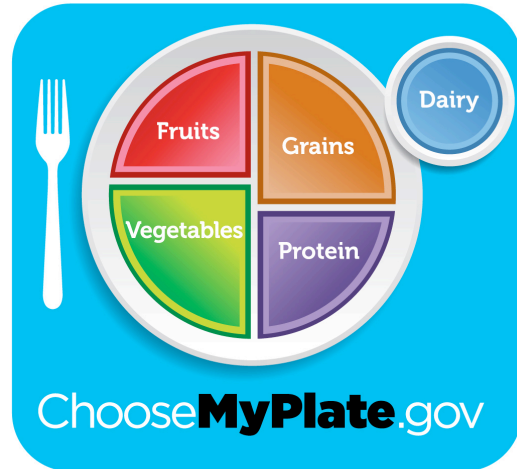


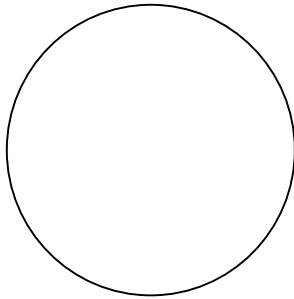
## MYPLATES Food Guide Assignment

**Directions:** Using paper plates, create three plates—one for breakfast lunch and dinner that align with the USDA food guide standards.

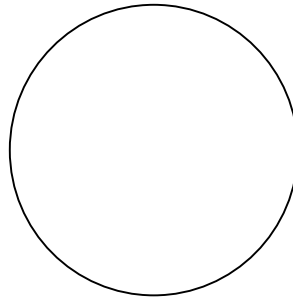
Cut out a picture of each food item from a grocery store flyer, magazine, or internet and glue the pictures of the food to the appropriate section of the plate.



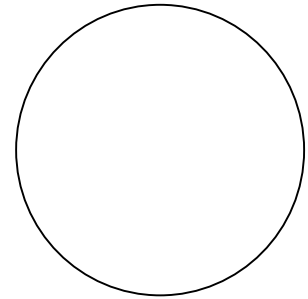
Label each plate with the quantity of each item. **For proper portion sizes, reference class text book OR visit [www.choosemyplate.gov](http://www.choosemyplate.gov).** Finished plates should be neat, legible, and creatively presented.



Breakfast



Lunch



Dinner

**Reflection Paragraph:** Attach a one paragraph reflection on your current eating habits to the back of one of your plates.

- ❖ Do you currently eat according to the USDA food guide recommendations?
- ❖ What recommendations would you make to your diet to better fit the guidelines?
- ❖ What action steps can you reasonably implement to eat healthier?

# MYPLATES Grading Rubric

Name: \_\_\_\_\_

	<b>Excellent (10-7)</b>	<b>Good (6-4)</b>	<b>Unsatisfactory (3-0)</b>
<b>Application</b> Bringing together the information learned to see the completed product	Excelled at accurately labeling food groups and serving sizes recommended for each food group.	All food groups identified all but only one or two of the food groups and can identify the serving sizes of food items.	Only able to correctly label a few of the food groups that comprise the entire food Guide and has difficulty identifying the serving sizes of the groups labeled.
<b>Creativity &amp; Neatness</b> Personalized MyPlate shows effort, originality and creativity.	Presented Food Guide in an original way. Used many different food items, colors and illustrative techniques. Food Guide is concise accurate and easy to understand.	Presented Food Guide in a presentable way. Information is mostly accurate and understandable. Lacks some originality and creativity.	Basic plate design. Some information is accurate however plates lack thought and creativity.
<b>Reflection</b> Personal reflection on current eating habits with recommendations to fit food guide and reasonable steps to take to get on track.	Assessment of personal nutrition is honest, and specific recommendations are made along with reasonable action plan.	Assessment of personal nutrition is made but lacking either specific recommendations or reasonable action plan.	Some assessment of personal nutrition is made but is vague or recommendations and action plan missing or unacceptable.
<b>Total Score</b>	Up to 30 possible		

Total Score: \_\_\_\_\_

Comments: \_\_\_\_\_

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