

# Personal Plate

Activity C

Chapter 4

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

For each section of the MyPlate graphic below, write in the name of the food group represented. Based on a 2,000-calorie diet, write in the recommended daily amounts for each of the five food groups. Then, list three of your favorite foods from each.

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

Amount: \_\_\_\_\_

Favorites:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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

Amount: \_\_\_\_\_

Favorites:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



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

Amount: \_\_\_\_\_

Favorites:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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

Amount: \_\_\_\_\_

Favorites:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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

Amount: \_\_\_\_\_

Favorites:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_