

Standard 2: USDA GUIDELINES

Vocabulary Development Activity

Directions: Read the word in the far left . In the middle column write what you think the definition is, then use the book for the actual.

Vocabulary Word	Your Definition	Actual definition
Dietary Reference Intakes (DRI)		
Estimated Average Requirements (EAR)		
Recommended Dietary Allowance (RDA)		
Adequate Intake (AI)		
Tolerable Upper Intake Level (UL)		
Dietary Guidelines for Americans		
Nutrient-Dense		
SoFAS		
Physical Activity Guidelines for Americans		
MyPlate		
Exchange List for Meal Planning		
Daily Values		
Food Diary		

1. Go to choosemyplate.gov
2. LOGIN (use your info from yesterday!)
3. Click on Food Tracker
4. Enter the foods you ate yesterday. *(click the calendar to December 5)
5. Using the information on the charts and graphs on that page write a brief (3 sentence!!) Summary. What were the percentages? What could you do to improve?

6. Write out a menu that you **think** would be HEALTHY

Breakfast

Lunch

Dinner

7. CLICK on DECEMBER 4 and enter this menu.

8. Using the graphs and information provided write a brief summary. (3 sentences) Was your menu truly healthy? Why or why not? What could you improve?

9. Now write down a menu of your FAVORITE FOODS. On your ideal day what would you eat?

Breakfast

Lunch

Dinner

10. Go to DECEMBER 3 and enter this menu.

11. Using the graphs and information provided write a brief summary (3 sentences) Was your menu healthy? Why? Why not?

12. SUMMARY: Looking back at your work above write a brief statement about what you have learned about the foods you eat. (3 sentences)