

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)