



Activity #7: MyPlate Diary

Directions for Teachers

Health, Language Arts, Physical Activity

NOTE: Activities #7 + #8 are a unit and should be completed over consecutive days.

Objective: In the following two activities, students will learn how to track their daily food intake and activity levels. They will learn how to divide foods into the five food groups, and how to balance their diets using MyPlate. Then, they will learn how to be their own “Food Coach” and assess the quality of their diet by using a set of questions based on the US Dietary Guidelines and MyPlate. They will also learn how to develop a strategy for incorporating step-by-step eating and physical activity improvements into their daily life.

Directions (MyPlate Diary):

1. Using the **Activity #7** worksheet, have students keep track of everything they eat and drink in one day in the first column (Foods & Drinks) along with a rough idea of their serving sizes (such as 1/2 cup, 1 slice, etc). For additional information on serving sizes, visit www.ChooseMyPlate.gov. Have them also list their physical activities for that day and the time spent doing these.
2. The next day, have students review their Food Diaries, and then break down their foods and drinks into the correct food groups. For high fat and high sugar foods that don't belong in the five food groups, have them use the term “WHOA food.” Then proceed to **Activity #8**.

Sample:			
	Foods & Drinks	# of Servings	Food Group
For Breakfast:	2 hard-boiled eggs	2	2 Protein
	1 piece of whole-wheat toast	1	1 Grain
	Orange juice - 1/2 cup	1	1 Fruit
For Lunch:	Turkey sandwich	2, 2	2 Grain, 2 Protein
	Apple	1	1 Fruit
	Potato chips - 1 oz.	1	1 WHOA food
	Milk	1	1 Dairy
For Snack:	1 cupcake	1	1 WHOA food
	Milk - 1 cup	1	1 Dairy

Dear MyPlate Diary

Activity #7: MyPlate Diary

Name: _____

Here's an interesting way to keep track of your eating and physical activity habits:

1. For one day, record everything you eat and drink in the "Foods & Drinks" column, along with the approximate size of the serving (1 piece of whole wheat bread; 1/2 cup of rice, 1 small apple, etc.)
2. After you've completed your MyPlate Diary, write the food group to which each food and beverage belongs in the "Food Group" column.
NOTE: Combination foods may have foods from more than one food group. Break them into their components in order to label the correct food group.
3. Keep track of the physical activities you do and the amount of time you spent being active in the boxes below.

	Foods & Drinks	Size of Serving	Food Group
For Breakfast:	_____ _____ _____	_____ _____ _____	_____ _____ _____
For Lunch:	_____ _____ _____	_____ _____ _____	_____ _____ _____
For Snack:	_____ _____	_____ _____	_____ _____
For Dinner:	_____ _____ _____	_____ _____ _____	_____ _____ _____

I did the following physical activities:

Amount of time I spent being active:

