



Lesson 6: Using MyPyramid.gov

Assessment 6.0 MyPyramid: Possible points: 22

The USDA's MyPyramid is an easy way to organize the foods you eat. Using the web information, complete the following assignment

For each food group,

- Grains, Bread & Cereal
- Vegetables
- Fruit
- Milk & Milk Products
- Meat, Beans & Nuts

write in:

- The recommended amount you need each day (1 point per food group)
- A healthy portion size (example 1 pear, 1 cup 1% milk, 1 muffin) (1 point per food group)
- The major nutrient provided by foods in that group(1 point per food group)
- The main benefit of the nutrient(1 point per food group)

Discretionary/Extra Calories - Extras

Explain why this group is included but separate from the others. (2 points)

***Extra Credit: Include same information for Fats and Oils.**