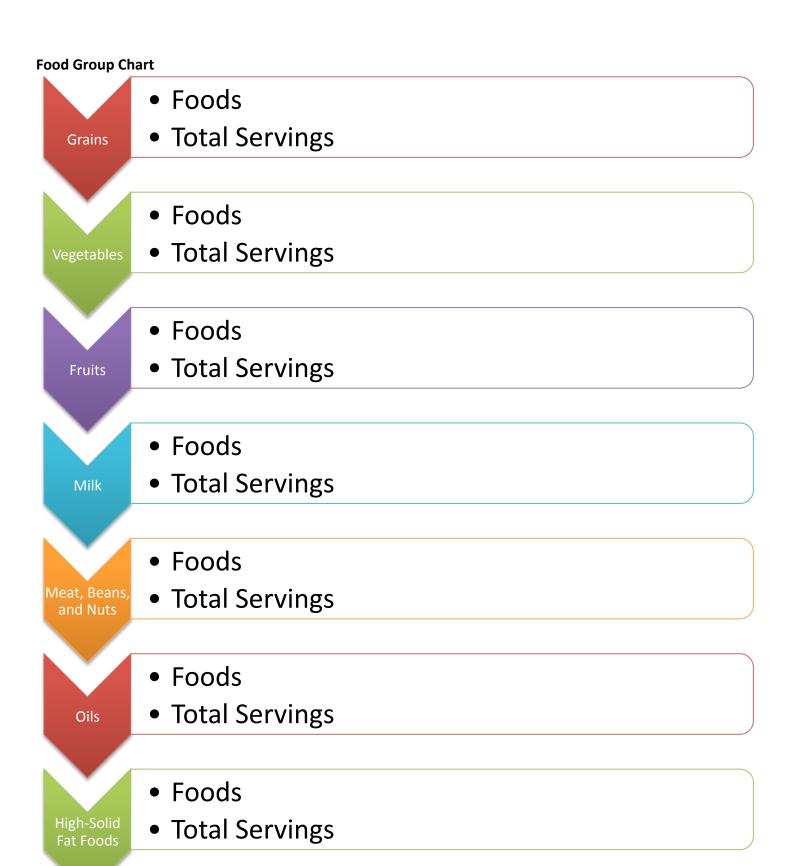
Activity 8 Resources



Directions: Use your food group chart and the other materials your teacher gave you as resources for answering the questions and completing the tasks below.

	n of each food g the chart below.	• •	JPPOSED to ha	ve? Use your MyF	Pyramid plar	n to help you
Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods
	n of each food g the chart below.	• •	CTUALLY have?	Use your food gr	oup chart to	help you
Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods
what you v	were SUPPOSED	to have. Use A	and B above t	h of each food gro o help you comple he would write: Actual	te the chart	below.
Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods
SUPPOSED	to have. Is the 5 servings of fruits	equation balan	ced? How do	you know?		and what you were
Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods
Example: Lisa had	ox, write what your servings of fruits that I can balance what I can balance where we will be served to be se	and she was supp	osed to have 2. S		d to decrease t	he number of fruits I'm
Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods
					-	Action Plan
Why do you w	ant to create th	is action plan?				

Directions:

- 1. Develop an action plan to improve one characteristic of your diet. For example, you might want to improve the number of complex carbohydrates you eat and lower the number of simple ones.
- 2. Give a copy of your plan to anyone who you think can help you reach your goal.
- 3. Keep a copy for yourself and look at it daily so that you can stay focused and on track.

What is your goal?

Action Steps	Timeline	Resources	Potential Problems
What are you going to do	When would	What do you need to	What or who might get in
to reach your goal?	you like to	complete each step? Think	the way of your goal?
	finish each	human, capital, and natural resources!	
_	step?		
1.		Human	
2.			
2.			
3.			
		Capital	
4.			
5.			
		Natural	

Evidence Of Success - How will you know that you are making progress?

Evaluation Process - How will you know when your goal has been reached?