

# **Activity 8**

## **Resources**

## Food Group Chart

Grains

- Foods
- Total Servings

Vegetables

- Foods
- Total Servings

Fruits

- Foods
- Total Servings

Milk

- Foods
- Total Servings

Meat, Beans,  
and Nuts

- Foods
- Total Servings

Oils

- Foods
- Total Servings

High-Solid  
Fat Foods

- Foods
- Total Servings

***A little bit of this, a little bit of that***

**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.

**A. How much of each food group are you SUPPOSED to have? Use your MyPyramid plan to help you complete the chart below.**

Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods

**B. How much of each food group did you ACTUALLY have? Use your food group chart to help you complete the chart below.**

Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods

**C. In each box, use the <, >, or = to compare the how much of each food group you ACTUALLY had with what you were SUPPOSED to have. Use A and B above to help you complete the chart below.**

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write: Actually 5 > 2 Supposed

Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods

**D. In each box, write an equation to show how much of each group you ACTUALLY had and what you were SUPPOSED to have. Is the equation balanced? How do you know?**

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write:  $5 = 2$  This equation is not balanced because 5 is greater than 2.

Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods

**E. In each box, write what you need to do to balance the equation.**

Example: Lisa had 5 servings of fruits and she was supposed to have 2. She would write: I need to decrease the number of fruits I'm actually eating so that I can balance with what I'm supposed to eat.

Grains	Fruits	Vegetables	Milk	Meat, Beans, and Nuts	Oils	High-Solid Fat Foods

## Action Plan

**Why do you want to create this action plan?**

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**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?**

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

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

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