

**CHOOSE MY PLATE . GOV  WORKSHEET ANSWERS**

Please note that answers may vary as many answers may be correct.

**PART I**

What are two tips for balancing calories?

a. Make changes and stick with them.
b. Don't consume more calories than you expend in exercise and BMR (basal metabolic rate)
c. Drink water, not sugary drinks.
d. Switch to low fat or fat free milk
e. Switch your plate to half fruits and vegetables.

What foods should you increase:

a. Fruits, vegetables and grains.

What foods should you reduce?

a. Salt or sodium - causes high blood pressure leading to heart attack/stroke
b. Saturated Fats - may cause atherosclerosis (hardening of arteries - leading to heart attack, stroke, obesity, diabetes)
c. Sugars in cake, cookies, ice cream, candies, sweetened drinks, pizza, bacon, hotdogs

How many "empty calories" should you eat in a day?

a. Very small amounts
b. Teenage girls - no more than 160 calories
c. Teenage boys - no more than 265 calories

What are examples of "solid fats?"

a. Butter, sausage, hotdogs, bacon, cheese, ice cream, pizza, ribs

What are examples of things with added sugars?

a. Cake, cookies, pastries, donuts, sodas, energy drinks, fruit drinks

What are some names of added sugars you may see on a food label?

a. Brown sugar, corn syrup, dextrose, sucrose, lactose, maltose, fructose, nectar, molasses, syrups

**PART 2**

List 4 examples of foods that are in the grains?

a. Brown rice, oatmeal, popcorn, whole wheat bread, cornbread, crackers, white bread, pretzels, spaghetti, macaroni,
What are the 2 types of grains? Which one is better for you?
   a. Whole grains & refined grains
   b. Whole grains are better for you.

How much each day is need? (BY YOU)
   a. Teenage girls - 6 ounces   Teenage boys - 8 ounces
What counts as an ounce?
   a. 1 slice of bread, 1 cup cereal, 1/2 cup cooked rice

List 2 health benefits you can get from eating grains.
   a. Decrease heart disease
   b. Decrease constipation

What are 2 tips they give to help you get your whole grains for the day?
   a. Eat brown rice, not white
   b. Eat whole wheat break, not white
   c. Mix in dishes (like barley into soup)
   d. Use whole grain flour in making breads and snacks
   e. Eat popcorn.

PART 3 (VEGETABLES)

List 4 examples of foods that are in the vegetables.
   a. Asparagus, green beans, broccoli, spinach, black beans, tomatoes, avocado, kidney beans, potatoes, squash, corn, cabbage,

How much vegetables each day is needed? (BY YOU)
   a. Teenage Girls 2-1/2 cups   b. Teenage Boys - 3 cups

What counts as a cup?
   a. 1 cup raw vegetables   b. 1 cup cooked vegetables   c. 6 baby carrots or 1 sm carrot
   d. 2 cups raw leafy greens (lettuce, spinach)

List 2 health benefits you can get from eating vegetables.
   a. Reduce heart disease
   b. Reduce the risk of some cancers
   c. Reduce obesity
   d. Reduce Type 2 Diabetes
   e. Keep from getting high blood pressure

What are 2 tips they give to help you get your vegetables in for the day?
   a. Buy fresh vegetables in season
b. Try crunchy vegetables, raw

c. Stock up on frozen vegetables

d. Shred carrots/zucchini into meatloaf and casseroles, muffins, or breads

**PART 4 (FRUITS)**

List 4 examples of foods that are in the fruits.

a. Apples, apricots, grapefruit, cherries, pears, lemons, limes, peaches, mangos, strawberries, cantaloupe, honeydew melon, watermelon

How much day is needed? (BY YOU)

a. Teenage Girls 1-1/2 cups           b. Teenage Boys 2 cups

What counts as a cup?

1. 1 cup juice, 1 cup fruit, 1/2 cup dried fruit, 1/2 large apple, 1 small apple

List 2 health benefits you can get from eating fruits.

1. Decrease heart disease
2. Protect against some cancers
3. Decrease obesity & type 2 diabetes
4. Lower your blood pressure
5. Reduce kidney stones

What are 2 tips they give to help you get your fruits for the day?

a. Keep a bowl of fruit handy
b. Store some in the refrigerator
c. Get fresh fruits in season
d. It's better to have the whole fruit rather than fruit juice.
e. Choose fruit canned with water and not with syrup.

**PART 5 (MILK GROUP)**

List 4 examples of foods that are in the milk or dairy group?

a. Milk, cheese, yogurt, ice cream, pudding, cottage cheese

How much each day is needed in the dairy group?

a. 3 cups
What counts as a cup?
   a. 1 cup milk, 8 oz yogurt, 1-1/2 oz cheese; 2 cups cottage cheese

List 2 health benefits you get from drinking or eating dairy products?
   a. Improve bone health
   b. Reduce osteoporosis (softening of bones)
   c. Decrease heart disease and decrease type 2 diabetes

What are 2 tips they give to help you make good choices about dairy products
   a. Choose fat free or low fat milk
   b. Choose fat-free or low fat yogurt
   c. Make dip from yogurt.
   d. Use cheese sparingly in casseroles
   e. Avoid using unpasteurized milk

**PART 6 (PROTEIN GROUP)**

List 4 examples of foods that are in the Protein Group.
   a. Beef, pork, chicken lamb, turkey, duck, fish, nuts, eggs, shellfish, beans, soy

How much is needed each day by you?
   a. girls - 5 oz                   b. boys - 6-1/2 oz

What counts as an ounce?
   a. Small steak, small hamburger, 1 can tuna, 1 small chick breast half; 1 egg
   b. 1/2 oz nuts, 2 tbsp peanutbutter

List 2 health benefits you can get from eating protein.
   a. Supplies protein for building blocks for bones, muscle, cartilage,
   b. Decrease Cardiovascular disease
   c. Provides iron

What are 2 tips they give to help you make wise choices with the protein group?
   a. Pick lean meats
   b. Use skinless poultry
   c. Trim visible fat away
   d. Drain fat off while cooking
**PART 7 (OILS)**

What are oils? What are they generally used for?
   a. Oils are fats which are liquid at room temperature
   b. Use for cooking and flavoring

What are 5 examples of oils?
   a. Canola, corn, olive, soybean, safflower, sunflower oils

How are oils different from fats?
   a. Oils contain more unsaturated fats.

What is your allowance for oils?
   a. Teenage girls - 5 teaspoons
   b. Teenage boys - 6 teaspoons

What counts as a teaspoon?
   a. 1 Tablespoon Oil
   b. 1 oz of nuts
   c. 2 Tablespoons of peanut butter
   d. 1 Tablespoon of mayonnaise
   e. 1 Tablespoon margarine