

CHOOSE MY PLATE . GOV WORKSHEET ANSWERS

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

PART 1

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 bread, 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