**GRADE 6 Health Lesson #14**

**USING MY PLATE B-38**

Healthful nutrition means eating healthful foods in amounts that supply nutrients you need daily. To help people make healthful food choices the United States Department of Agriculture prepared **MY PLATE** which shows how much you need to eat from each food group every day.

A **F\_\_\_\_\_\_\_ G\_\_\_\_\_\_\_\_\_** is made up of foods that provide similar **N\_\_\_\_\_\_\_\_\_\_\_\_\_.**

A **B\_\_\_\_\_\_\_\_\_\_\_\_\_ D\_\_\_\_\_\_\_** is made up of meals and snacks that provide the proper amount of foods from each food group daily.

**NAME THE FIVE FOOD GROUPS:**

**How much should you have from each food group daily?**

**Give 5 examples of foods from each food group.**

**1 - G\_\_\_\_\_\_\_\_\_\_\_ Group Daily Intake - 6 ounces a day**

1 - 2 - 3 –

4 - 5 -

Part of the **G\_\_ \_\_ \_\_ \_\_ Group** that cannot be digested is the **F\_\_ \_\_ \_\_ \_\_.**

**F\_\_ \_\_ \_\_ \_\_** is incredibly important. **F\_\_ \_\_ \_\_ \_\_** feeds friendly gut bacteria, promotes weight loss, lowers blood sugar levels, reduces risk of certain cancers, and lowers odds of heart disease. (Heart Disease is the number one cause of death each year in the United States.

Over **\_\_ \_\_5,000** people die each year from heart disease in the United States each year.)

**2 – V\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group Daily intake - 2 ½ cups a day**

1 - 2 - 3 –

4 - 5 –

**3 – F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group Daily intake – 1 ½ cups a day**

1 - 2 - 3 –

4 - 5 –

**4 – D\_\_\_\_\_\_\_\_\_\_\_ Group Daily intake – 3 cups a day**

1 - 2 - 3 –

4 - 5 –

What kind of milk should you drink? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5 – P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group Daily intake – 5 ounces a day**

1 - 2 - 3 –

4 - 5 –

**O\_\_ \_\_ \_\_** are not a food group, but you need some for good health.