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| **Choose My Plate Scavenger Hunt**    **Directions:**You will be using the internet to answer the following questions. Please go to the website [Choose My Plate](http://www.choosemyplate.gov/). All the answers can be found within this site using the links provided.  Answer each question in **complete sentences!**  1. Go to [www.choosemyplate.gov](http://www.choosemyplate.gov/).  2. Click on “Food Groups” on the left hand side in the blue box.  3. Using the links in the chart, look for the answers to the following questions. The links in each food group help you find the answers!!    Grains  1. What foods are in the Grain Group?    2. Give 4 examples of whole grains    3. Explain what refined grains are    4. Why are grains refined? What does it do to them?    5. Give 4 examples of refined grains    6. What are 3 health benefits to eating whole grains?    7. According you your age and gender, how many grain foods do you need daily?  (click to see the chart)    8. How many ounces does 1 large bagel equal?    Vegetables  9. Give 2 examples of:  dark green vegetables  orange vegetables  dry beans and peas  starch vegetables    10. According to your age and gender, how many vegetables do you need daily?    11. List 3 health benefits of eating a diet rich in vegetables.  Fruits  12. According to your age and gender, how many fruits do you need daily?    13. What foods are in the fruit group?  Milk  14. List 3 benefits milk products provide.    15. According to your age and gender, how many cups do you need each day from the milk group?    Meat and Beans  16. What foods are considered to be part of the meat group?    17. According to your age and sex, what amount of food from the Meat and Beans Group should you have daily?    18. What counts as a 1 ounce equivalent in the Meat and Beans Group? Give 3 examples.    19. List 3 health benefits to including foods from the Meat and Beans Group?    20. Now print a personal copy of the food guide pyramid. Click on “MY PYRAMID PLAN” on the left side of your screen. Fill in the information and submit. Click on the link to view and print in PDF format on the lower right side of the screen under VIEW, PRINT AND LEARN MORE. Print a copy and staple to your scavenger hunt worksheets. |