

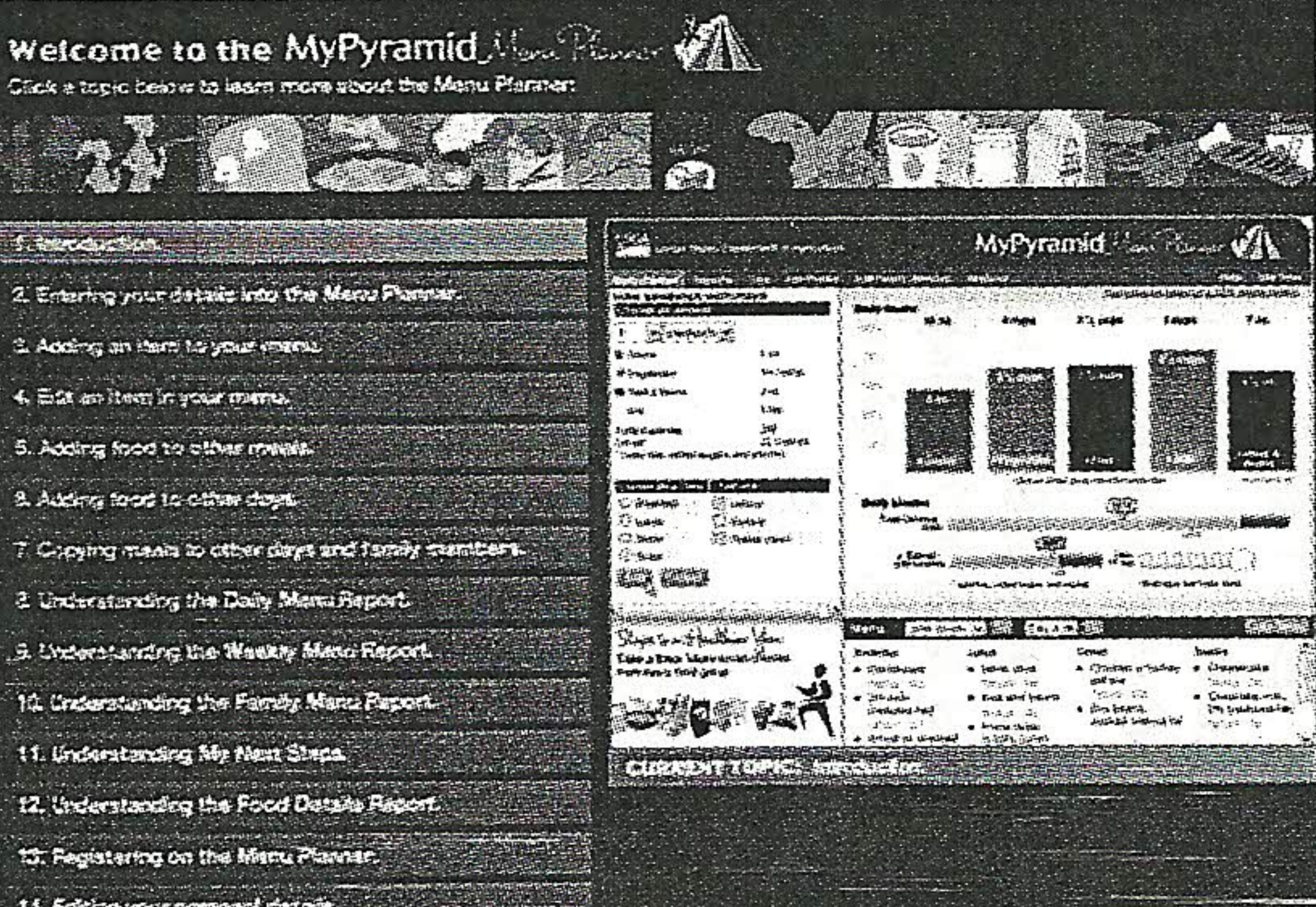
Name: _____

Period: _____ Due Date: _____

7th Grade Health Project

Directions:

For 5 Days, record all meals, snacks, drinks, and activities for each day on the provided MyPyramid worksheets or by going to www.pyramid.gov and following the directions below to print your results. (See the box below titled "Menu Matrix")



How do your food choices stack up against the standards? Visit this Web site to find out.

The Menu Matrix

One of the neat features of the MyPyramid Web site is the MyPyramid Menu Planner application. "It's a really fun and easy way to see how the things you eat compare to dietary guideline goals," explains Jackie Haven of the U.S. Department of Agriculture, which put together the site.

Current Health recruited a few teens to test the planner, and they liked how easy to use it is. "You input the foods you ate that day," explains James T., 15, from Old Tappan, N.J. "The menu planner tells you if you're meeting the standards."

The site also allows teens to adjust their plans for their own individual goals. "We're always changing and growing," comments Maddy W., 17, from McKinney, Texas. "As it says on the [Web site's] front page, 'One size doesn't fit all.'"

To try this tool, log on to www.mypyramid.gov, click on the Menu Planner link, and follow these steps:

- Enter your name, age, gender, weight, height, and level of physical activity.
- Input the foods you eat during any given day into the search box, and select the items you eat from the resulting list.
- Watch the interactive chart as it adds up how well you have met your daily goals.

1. At the top, write your name, the date, and the day # (1, 2, 3, 4, or 5)
2. Record all food/ drinks items on the column that reads: "Write in Your Choices Today" (or select the food choices on the website).
3. Divide the foods into the 5 food groups by listing them in the column that reads "List Each Food Choice in its Food Group".
4. Estimate the serving size of each food item, then count the total number of servings for each group. Record your total number of servings in the column that reads "Estimate Your Total". Also estimate your total minutes of exercise for that day in the last space in this column.
5. Rate how you did each day by checking the appropriate box.
6. List a specific food goal for tomorrow.
7. List a specific exercise goal for tomorrow.
8. Staple your personalized MyPyramid and 5 days of results together and turn your finished project on time for full credit.