

### Health Homework Directions:

Create a personalized food pyramid on the MyPyramid website and print a copy of the results to bring into class with you by: \_\_\_\_\_

#### Directions-

1. Go online to the following website: [www.mypyramid.gov](http://www.mypyramid.gov)
2. Find the blue box on the left side of the webpage titled subjects
3. Click on the link: My Pyramid Plan
4. When the page opens, fill in the information it asks for (your age, sex, weight, height, physical activity (the amount of time you exercise each day- under 30 minutes, 30-60 minutes, more than 60 minutes)
5. After you've filled in all the information click the "submit" box
6. When the page opens, it will contain your personalized information and pyramid.
7. Go to the right side of the page, under the pyramid, where it says "view, print, and learn more"
8. Click the first link that says "print a pdf version of your results"
9. When the page opens, go to print and print one to bring into class.  
(this copy can be in color or black & white)

IF YOU CANNOT PRINT AT HOME, still go through the first 7 steps and on a separate sheet of paper write out the following information to bring in to class in its place:

1. your daily calorie amount
2. your recommended amounts for each category- grains, vegetables, fruits, milk, meat & beans
3. your limit of teaspoons of oil a day
4. your limit of calories for oils & discretionary (fats, sugars, other junk food)