

My Plate Lesson

First Name _____ Last Name _____ Hour _____

Introduction: You are about to see a Food Pyramid to My Plate Evolution video. Want to see it again? It is on Google Classroom or here → <https://www.youtube.com/watch?v=Gb7c-TTIsQg>

Do a little research and complete this Venn Diagram.

Inappropriate answers include: listing the colors of the diagrams or listing all the different foods for each number. If you are going to list similar or different foods, they need to be included together.

Facts about Food Pyramid	Similarities	Facts about My Plate
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.

What is one observation you can make from comparing and contrasting the Food Pyramid to My Plate? Please write a middle school answer. You need to use COPS.

BONUS- Before you can "play on your iPad", go to www.myplate.gov → Online Tools → Quizzes. Take at least one of the online quizzes and show your score to your teacher in order to work on another school-appropriate activity.