6TH GRADE | STUDENT ASSESSMENT ↘

Healthy Eating With MyPlate

Follow the directions to answer the questions below.

IF YOU ARE USING ACROBAT X OR PRO:
1. Open the form
2. Fill the form out
3. Go to File, Save As, choose where you would like to save the file, and then press Save

IF YOU WANT TO SAVE IN ADOBE READER:
1. Select File, Save As, Reader Extended, Enable Additional Features
2. This will allow users with the free Reader to save form data in an existing fillable PDF form
3. Click Save Now
4. Go to File, Save As, choose where you would like to save the file, and then press Save

1. What is the theme or central idea of this article? Cite evidence from the article to support your answer.

_____

_____

_____

2. What are four ways to eat the MyPlate way?

1. _____

2. _____

3. _____

4. _____

3. What are two common nutrients found in protein foods? How do they help your body? Provide evidence to support your statements.

_____

_____

4. What are three common nutrients found in fruits and vegetables? How do they help your body? Provide evidence to support your statements.

_____

_____

5. Think about the role nutrients play in your body. What might happen if you do not eat enough nutritious food?
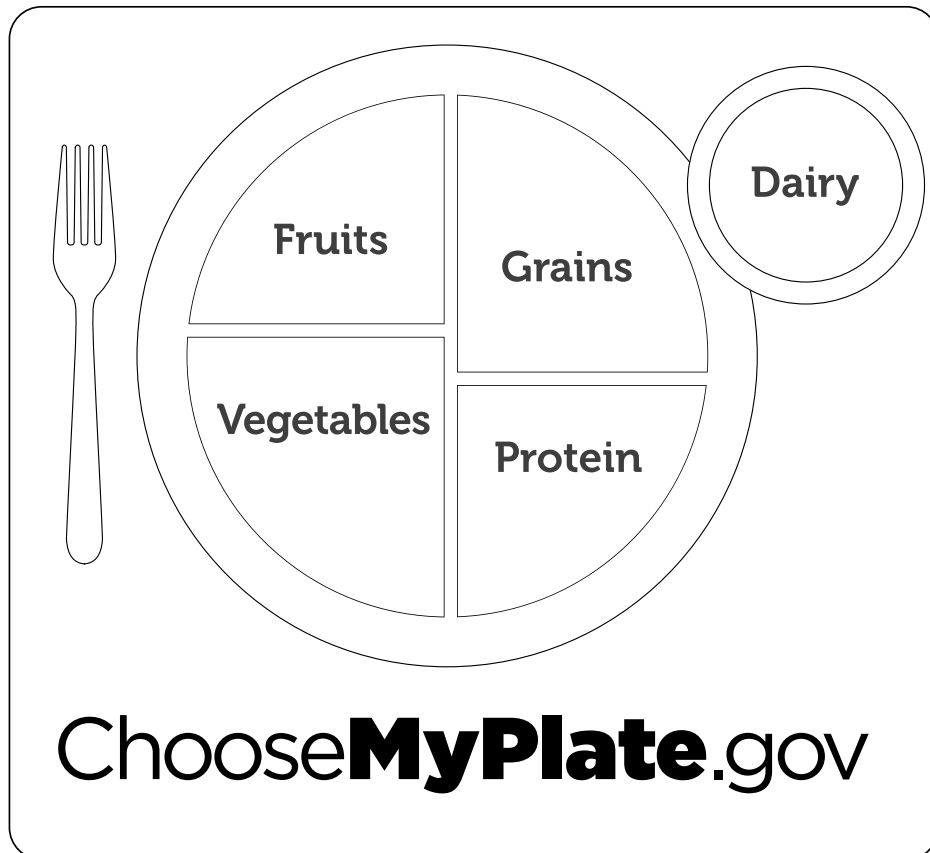
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_____

_____

6. Write one to two sentences to support the following statements. Provide evidence from the article.

Statement	Evidence
It is important to make half your grains whole grains.	
It is important to vary your protein routine.	

7. Create an example of a balanced meal using MyPlate as a guide. Include foods from all five food groups.

ChooseMyPlate.gov

8. Your friends don't see the point of eating the MyPlate way. How would you convince them of the benefits of eating the MyPlate way? Cite evidence from the article to support your arguments.

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RESEARCH: What is the climate of the place where you live? Name three foods that are grown near you. Why is the climate good for growing these foods?

The climate where you live:_____

_____

Foods grown near you:	Why they grow in this climate: