

MEASURING UP MyPlate

SECOND COURSE • REPRODUCIBLE 2



Name: _____ Date: _____

Lucia needs your help to eat smart and play hard. On the chart below, circle foods and drinks for her for 1 day. On another piece of paper, write a menu for her meals and snacks using the foods you circled. Lucia is a moderately active 9-year-old girl. She needs to eat the following amounts from each food group each day:



Vegetables
2 cups



Fruits
1 1/2 cups



Grains
5 ounces



Protein Foods
5 ounces



Dairy
3 cups

Add up the amounts of foods in each food group your circled food choices provide. Do the meals and snacks you planned give her what she needs for the day?

Note: "oz" is the abbreviation for ounce.

VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
small bowl of romaine lettuce (1/2 cup)	small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	slice of turkey (1 oz)	glass fat-free milk (1 cup)
small bowl spinach (1/2 cup)	small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
medium baked potato (1 cup)	large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	packet of instant oatmeal (1 oz whole grains)	small hamburger patty (3 oz)	snack-size container low-fat yogurt (1/2 cup)
large sweet potato (1 cup)	mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6 - 8 cherry tomatoes (1 cup)	large peach (1 cup)	medium piece of cornbread (2 oz refined grains)	12 almonds (1 oz)	slice low-fat American cheese (1/2 cup)
large ear of corn (1 cup)	large plum (1/2 cup)	small whole-wheat tortilla (1 oz whole grains)	small salmon patty (3 oz)	small low-fat milk carton (1 cup)
side of cooked collard greens (3/4 cup)	snack container of pineapple (1/2 cup)	1 slice white bread (1 oz refined grains)	2 slices ham (2 oz)	
side of cooked lentils (1/2 cup)	small bowl of blueberries (1/2 cup)	1 cup whole-wheat pasta (2 oz whole grains)	3 small turkey meatballs (2 oz)	
4 tablespoons tomato sauce (1/4 cup)	glass of 100% fruit juice (1 cup)	1 bowl low-fat granola (1 oz whole grains)	1 cup veggie chili (2 oz)	
TOTAL CUPS:	TOTAL CUPS:	TOTAL OUNCES:	TOTAL OUNCES:	TOTAL CUPS:

