

## Homework Assignment Day #2

# USDA ChooseMyPlate and Dietary Guidelines Assignment

Objective: Students will analyze and evaluate their eating habits and food intake based upon the USDA Dietary Guidelines and ChooseMyPlate.gov using the “Super Tracker” tool.



In order to complete the assignment you will need internet access. You will not need a printer.

Prior to the Lesson: To complete this task you will first need to record all of the food and beverages you eat for three days. You should record this information on a separate sheet of paper, making sure you **date** each day's intake of food. You should also keep track of the quantity and size of each food. For example:

### 1 Large Glass of Skim Milk

Once you have kept track of your food for three days, complete the following directions on-line.

- 1.) Log on to ChooseMyPlate.gov
- 2.) Click on “Super Tracker” which is found under Popular Topics or along the tabs near the top of the page.
- 3.) Near the top of the page click on “Create Profile”
- 4.) Create your profile by filling in the requested information and register to save your profile. Create a user name and password that you will remember. Do not use your student ID number or name.

User ID \_\_\_\_\_ Password \_\_\_\_\_

- 5.) Click on “Submit”
- 6.) Log In with the username and password you have just created.
- 7.) Click on the Blue “Food Tracker” box
- 8.) You are now going to enter your 3 days of food. It is really important that you remember to change the date in the top left box as you enter the food for each new day. If you forget, it will look like you ate three days' quantity of food in just one day.
- 9.) Search for all of the foods you ate using the search boxes. Select the food that is most similar to what you consumed. You can either highlight the food at the search box list or hit “go” and look at the search results below and click on the name of the food.
- 10.) Choose the amount of food you ate and select when you ate the food: at breakfast, lunch, dinner or snack time.
- 11.) Click on the blue “+ add” button.
- 12.) Continue to add all of your food for the day. Don't forget items such as beverages, condiments, syrups and dressings.
- 13.) Once you have entered all of the food for all three days (remember to change the date when you start a new day), record and analyze your results on the following pages.

<b>Day 1</b>	<b>Grains</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Dairy</b>	<b>Protein</b>
<b>Target</b>					
<b>Eaten</b>					
<b>Status</b>					

**Daily Limits**

Total Calories Eaten \_\_\_\_\_

Empty Calories Eaten \_\_\_\_\_

Total Limit of Calories \_\_\_\_\_

	Oils (tsp)	Sat Fat(g)	Sodium (mg)
Eaten:			
Limit:			

<b>Day 2</b>	<b>Grains</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Dairy</b>	<b>Protein</b>
<b>Target</b>					
<b>Eaten</b>					
<b>Status</b>					

**Daily Limits**

Total Calories Eaten \_\_\_\_\_

Empty Calories Eaten \_\_\_\_\_

Total Limit of Calories \_\_\_\_\_

	Oils (tsp)	Sat Fat(g)	Sodium (mg)
Eaten:			
Limit:			

<b>Day 3</b>	<b>Grains</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Dairy</b>	<b>Protein</b>
<b>Target</b>					
<b>Eaten</b>					
<b>Status</b>					

**Daily Limits**

Total Calories Eaten \_

Empty Calories Eaten \_\_\_\_\_

Total Limit of Calories \_\_\_\_\_

	Oils (tsp)	Sat Fat(g)	Sodium (mg)
Eaten:			
Limit:			

After you have completed recording your information from the bar graphs, locate and click on the related link “Nutrient Intake Report” found under the bar graph.

Located on the Nutrient Report Page you will find data regarding a number of nutrients and comments regarding if you are under, OK or over on your nutrient requirement for that day. Enter the date range for the three days of your food entry in order to find your nutrients analysis. It does not matter if there is a gap in the days. Click on “create report.” Record your results here for the following nutrients.

Nutrients	Target	Average Eaten	Status
Dietary Fiber			
Total Fat			
Calcium			
Iron			
Vitamin A			
Vitamin C			

## Self- Reflection and Evaluation

After entering your information and recording the results on the previous pages, answer the following questions. Be sure to **SUPPORT** your response from your findings.

**Good example:** “I need to eat 3 more servings of fruit each day. From my results I can see that I had only 1 serving of fruit each day. I will eat a fruit at breakfast and lunch every day. I will make a list of my favorite fruits to make sure they are picked up when we go grocery shopping.”

**Bad example:** I need to eat more fruit.

**Identify three of your ChooseMyPlate sections that need work. What’s the problem and what can you do to solve the problem? What are some ways you can make these changes?**

Problem Area 1:

Problem Area 2:

**After completing this exercise, explain one key insight you discovered and identify a way that you can use this information in your skills-based teaching?**