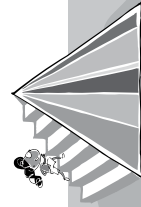
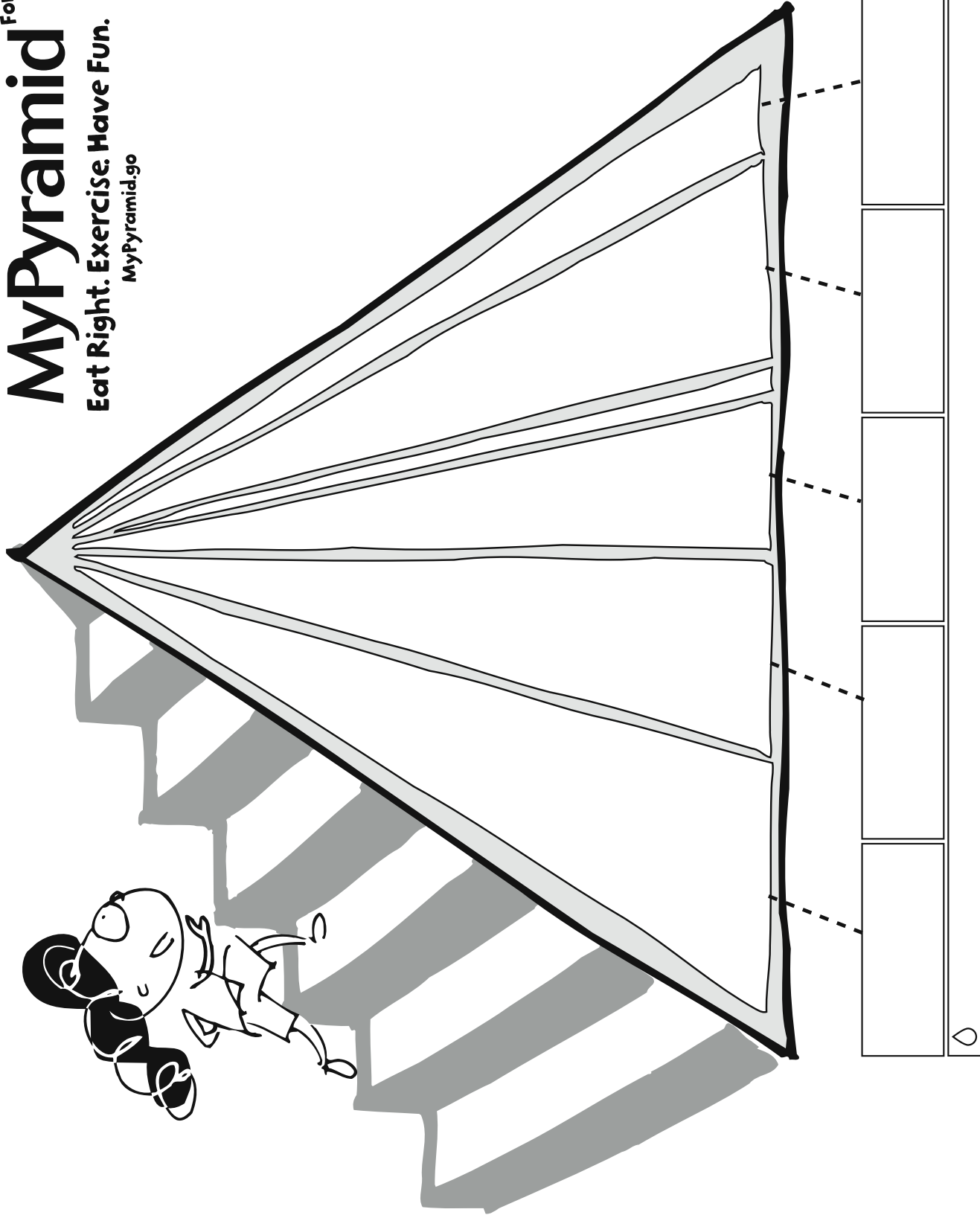


# MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



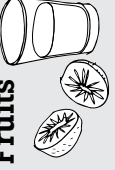





# MyPyramid Worksheet

Name: \_\_\_\_\_

# MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

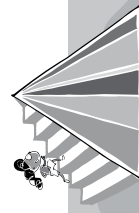
Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: _____ _____ _____	<b>Grains</b> 	Make at least half your grains whole grains.	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		____ ounce equivalents
Lunch: _____ _____ _____	<b>Vegetables</b> 	Color your plate with all kinds of great tasting veggies.	<b>2 1/2 cups</b> (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		____ cups
Snack: _____ _____	<b>Fruits</b> 	Make most choices fruit, not juice.	<b>1 1/2 cups</b>		____ cups
Dinner: _____ _____ _____	<b>Milk</b> 	Choose fat-free or lowfat most often.	<b>3 cups</b> (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		____ cups
Physical activity: _____ _____ _____	<b>Meat and Beans</b> 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		____ ounce equivalents
	<b>Physical Activity</b> 	Build more physical activity into your daily routine at home and school.	At least <b>60 minutes</b> of moderate to vigorous activity a day or most days.		____ minutes

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do yesterday?  Great  So-So  Not So Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_



## Food Math

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

**Grains**  
6 ounces

**Vegetables**  
2½ cups

**Fruit**  
1½ cups

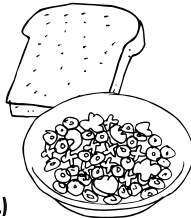
**Milk**  
3 cups

**Meat and Beans**  
5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

### Grains 6 ounces

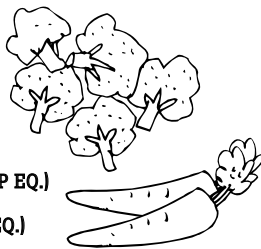
- \_\_\_ 1 slice whole-wheat toast\* (1 OZ EQ.)
- \_\_\_ 5 whole-wheat crackers\* (1 OZ EQ.)
- \_\_\_ 1 slice white bread (1 OZ EQ.)
- \_\_\_ 1 slice whole-wheat bread\* (1 OZ EQ.)
- \_\_\_ 1 cup whole-grain ready-to-eat breakfast cereal\* (1 OZ EQ.)
- \_\_\_ ½ cup cooked brown rice\* (1 OZ EQ.)
- \_\_\_ 1 cup cooked pasta (2 OZ EQ.)
- \_\_\_ 1 hamburger bun (2 OZ EQ.)
- \_\_\_ 3 cups lowfat popcorn\* (1 OZ EQ.)



Items marked with a \* are whole-grain

### Vegetables 2½ cups

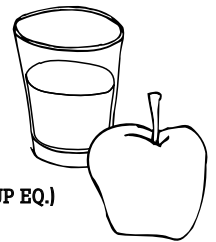
- \_\_\_ 6 baby carrots\* (½ CUP EQ.)
- \_\_\_ 1 large ear of corn (1 CUP EQ.)
- \_\_\_ 1 medium baked potato (1 CUP EQ.)
- \_\_\_ 1 cup cooked greens\* (1 CUP EQ.)
- \_\_\_ 1 large baked sweet potato\* (1 CUP EQ.)
- \_\_\_ 3 spears broccoli\* (1 CUP EQ.)
- \_\_\_ ½ cup tomato juice (½ CUP EQ.)
- \_\_\_ 1 cup chopped lettuce (½ CUP EQ.)



Items marked with a \* are dark green or orange vegetables

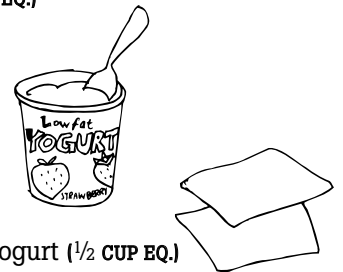
### Fruits 1½ cups

- \_\_\_ 1 small apple or ½ large apple (1 CUP EQ.)
- \_\_\_ 1 large orange (1 CUP EQ.)
- \_\_\_ 1 snack-sized container of peaches (½ CUP EQ.)
- \_\_\_ 1 large plum (½ CUP EQ.)
- \_\_\_ 1 small box raisins (½ CUP EQ.)
- \_\_\_ 1 cup 100% orange juice (1 CUP EQ.)
- \_\_\_ 1 medium wedge cantaloupe (½ CUP EQ.)
- \_\_\_ 1 small wedge watermelon (1 CUP EQ.)



### Milk 3 cups

- \_\_\_ ½ cup lowfat or fat-free cottage cheese (¼ CUP EQ.)
- \_\_\_ 1 cup fat-free milk (1 CUP EQ.)
- \_\_\_ 1 snack-sized lowfat or fat-free yogurt (½ CUP EQ.)
- \_\_\_ 1 half-pint container 1% or 2% milk (1 CUP EQ.)
- \_\_\_ 2 ounces of lowfat or fat-free American cheese (1 CUP EQ.)
- \_\_\_ 1½ ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)
- \_\_\_ 1½ cups light ice cream (1 CUP EQ.)

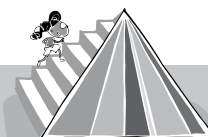


### Meat and Beans 5 ounces

- \_\_\_ 1 ounce of nuts (2 OZ EQ.)
- \_\_\_ 1 cup split pea soup (2 OZ EQ.)
- \_\_\_ 1 small chicken breast half (3 OZ EQ.)
- \_\_\_ 1 small lean hamburger (3 OZ EQ.)
- \_\_\_ 1 hard-boiled egg (1 OZ EQ.)
- \_\_\_ 1 tablespoon peanut butter (1 OZ EQ.)
- \_\_\_ ¼ cup of pinto beans (1 OZ EQ.)
- \_\_\_ 1 slice of turkey (1 OZ EQ.)



Key: (1 OZ EQ.) means (equals 1 ounce equivalent)



Name: \_\_\_\_\_

# Steps to a Healthier You

## My Fruit and Vegetable Goals

### Fruits

Circle the names of the fruits you have eaten:

mango   papaya   kiwifruit   cantaloupe  
star fruit   pineapple   strawberry   blueberry

Other fruits I have eaten:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write the name of a fruit you would like to try:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How will you eat this fruit? *(Perhaps on cereal, as a snack, for dessert, with dinner, or on pancakes.)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Vegetables

Circle the names of the vegetables you have eaten:

spinach   collard greens   sweet potato  
broccoli   jicama   zucchini squash

Other vegetables I have eaten:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write the name of a vegetable you would like to try:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How will you eat this vegetable? *(Perhaps for a snack, as a salad, with dip, or for lunch.)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Where and How

I will try these foods by: asking my parents to purchase them, helping my parents prepare these foods, choosing them from a restaurant menu, eating them from the school lunch menu, or eating them at a friend's house.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

