Guidelines for Healthful Eating (pp. 210–214)

The Dietary Guidelines

1. List four actions that the Dietary Guidelines recommend.
   a. Make smart food choices.
   b. ________________________________
   c. ________________________________
   d. ________________________________

The "MyPyramid Plan"

2. Complete the outline by adding important details about the MyPyramid plan.
   I. The MyPyramid plan
      a plan that groups foods according to types and indicates how much
      of each type should be eaten daily for a healthy diet
      A. The colored bands
         represent the food groups
         width indicates the proportion of your diet that should come from
         that group
      B. The stair steps
         ________________________________
         ________________________________
      C. Creating your own MyPyramid plan
         ________________________________
3. Complete the graphic organizer about the Dietary Guidelines and MyPyramid plan.

### Using the Food Guidelines

<table>
<thead>
<tr>
<th>Meals</th>
<th>Snacks</th>
<th>Eating Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. You don't need every food group at every meal.</td>
<td>c. Choose fruit instead of cookies.</td>
<td>e. Choose low-fat milk, water, or juice instead of soft drinks.</td>
</tr>
<tr>
<td></td>
<td>d.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f.</td>
<td></td>
</tr>
</tbody>
</table>

Name _________________________ Class ____________________ Date _______