

Name: _____

The Food You Choose

Directions: Read the article “Good Nutrition Knows No Borders” (page 22). Then fill out the chart in Part 1, and answer the questions in Part 2.

Part 1

How closely does your daily diet match up with your nutritional needs? Track a week’s worth of meals by entering what you eat and drink in the chart below.

	Breakfast	Lunch	Dinner	Snacks/Dessert
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Part 2

1. The U.S. food guide, MyPyramid, recommends that whole grains (for example, brown or wild rice, oatmeal, popcorn, or whole-wheat cereal or bread) make up at least half the grains in your diet. About how much of the grain products you ate were whole grains?

2. According to MyPyramid, every day teens should eat at least 2 to 3 cups of vegetables, 1½ to 2 cups of fruit, and 3 cups of dairy products. How close did you come to those targets?

3. What steps can you take to eat more healthful foods each day? How might the food guide help you?
