

ACTIVITY 6A:STUDENT HANDOUT

PERSONAL FOOD PLAN

The U. S. Government recommends a certain number of servings of each food group for us to get the nutrients we need to grow and stay healthy. Design a food plan for you for three days that includes the correct number of servings for each food group. **Only include foods that you would actually eat.** Divide the food plan into breakfast, lunch, dinner, and snacks. Next to each food put the code for the food group that it is in. At the end of each day record the total number of servings in each food group. **The total number of servings must match the recommended amount for each day.** If you do not have enough servings of a certain food group go back and add a serving somewhere during the day. If you have too many servings for a certain food group, you must take a serving out of your plan for that day.

Extra credit for illustrations and creativity of design.

Code	Food Group	Recommended Number of Servings:	
		Teenage Girls	Teenage Boys
B	Bread, cereal, rice, and pasta	9	11
V	Vegetables	4	5
F	Fruits	3	4
P	Protein — meat, fish, beans, eggs, nuts	3	3
D	Dairy — Milk, yogurt, cheese	3	3
S	Sugar and fat*	The recommendation is to use sugar and fat sparingly. For this project plan on 4 or less servings for girls and boys.	
remember this is not a food group			

Example: Day 1 (Teenage girl)

Breakfast

1 bowl of cereal with milk	B (for the cereal), D (for the milk)
2 slices of toast w/butter	B, B (for two servings of bread), S (for the butter)
1 glass orange juice	F

Lunch

1 ham/cheese sandwich	B, B, P, D
1 apple	F
salad w/fat free dressing	V
1 cup of milk	D

Dinner

Spaghetti w/meat sauce	B, V, P
2 rolls w/butter	B, B, S
green beans	V
corn	V

Totals for Day 1

B — 9
V — 4
F — 3
P — 3
D — 3
S — 2

Snacks

2 slices of bread w/peanut butter	B, B, P
1 cup of orange juice	F