

Name _____

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MyPlate Video Notes/Worksheet

Food supplies us with the _____ we need to keep our bodies going.

The new approach to healthy living is called _____ .gov

Having extra weight can lead to an epidemic called _____

CALORIES: Units of heat _____

If not enough calories are burned the excess energy will be used to make _____

List the 6 nutrients and 1 fact about each

1. Carbohydrates-
2. Vitamins-
3. Protein-
4. Mineral-
5. Fat-
6. Water-

Choose two of the 10 MYPLATE tips that you can begin to implement in your diet. Write them below

On a separate sheet create your MyPlate. Use the internet to copy and paste pictures in each food group.

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