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.