

5.3 MyPlate Tracking Activity Worksheet

How to Use the MyPlate Grid

This grid helps you track what you eat using the USDA MyPlate model. Each section represents a food group, and each section contains 4 blocks (total of 16 blocks in the grid). The number of blocks you fill in shows the proportion of your meal from each food group.

Instructions:

1. Identify which foods in your meal belong to each group (Fruits, Vegetables, Grains, Protein)
2. For each food group, shade in blocks based on how much of your meal came from that group
3. The entire grid represents your complete meal - you can fill in any number of the 16 total blocks
4. The recommended MyPlate proportions are:
 - Fruits: All 4 blocks in the Fruits section (25% of meal)
 - Vegetables: All 4 blocks in the Vegetables section (25% of meal)
 - Grains: All 4 blocks in the Grains section (25% of meal)
 - Protein: All 4 blocks in the Protein section (25% of meal)
 - Plus a dairy serving on the side (not shown in grid)

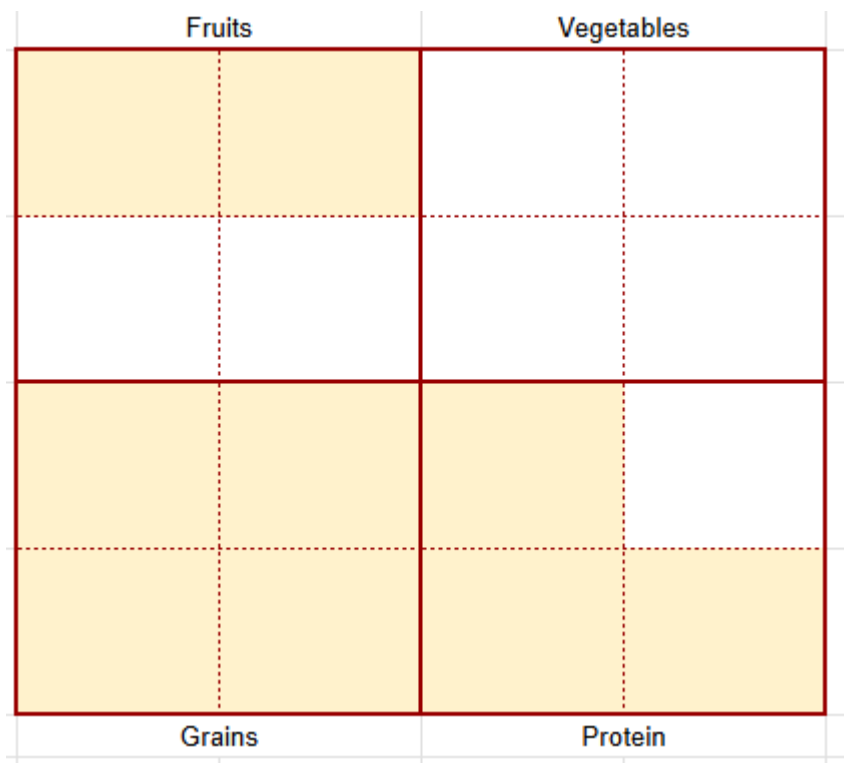
Example Breakfast

Meal Components:

- 1 scrambled egg with cheese
- 2 slices whole wheat toast with butter
- 1 small orange
- 1 cup milk (dairy - not in grid)

How to Fill the Grid:

- **Fruits** (2 blocks): The small orange represents about 12.5% of my meal, so I'll shade in 2 of the 4 blocks in the Fruits section
- **Vegetables** (0 blocks): I didn't have any vegetables in my breakfast, so I leave all blocks empty in the Vegetables section
- **Grains** (4 blocks): The two slices of toast were a major part of my meal, so I'll shade in all 4 blocks in the Grains section
- **Protein** (3 blocks): The egg and cheese provided about 18.75% of my meal, so I'll shade in 3 of the 4 blocks in the Protein section



What This Shows Me: This breakfast was heavy on grains and protein, included some fruit, but was missing vegetables. To better balance my plate next time, I could add some spinach to my eggs or have sliced tomatoes on the side to include vegetables.

Remember:

- The goal is to have half your plate be fruits and vegetables (all 8 blocks in those sections)
- Try to include all food groups in appropriate proportions
- Don't forget your dairy serving on the side!

Plate Diagram Templates

Meal 1: _____ (Breakfast/Lunch/Dinner)

Fruits	Vegetables
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Grains		Protein	

Dairy serving: _____

Foods eaten:

- Fruits: _____
- Vegetables: _____
- Grains: _____
- Protein: _____
- Dairy: _____

Meal 2: _____ (Breakfast/Lunch/Dinner)

Fruits		Vegetables	

Grains		Protein	

Dairy serving: _____

Foods eaten:

- Fruits: _____
- Vegetables: _____
- Grains: _____
- Protein: _____
- Dairy: _____

Meal 3: _____ (Breakfast/Lunch/Dinner)

Fruits		Vegetables	

Grains		Protein	

Dairy serving: _____

Foods eaten:

- Fruits: _____
- Vegetables: _____
- Grains: _____
- Protein: _____
- Dairy: _____

Food Group Tracking Table

Food Group	Meal 1	Meal 2	Meal 3	Total
Fruits				
Vegetables				
Grains				
Protein				
Dairy				

Reflection Questions

1. Which food group did you eat the most of throughout the day?

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2. Which food group might you need to include more of tomorrow?

3. Name one specific change you could make to better balance your plate at a particular meal.

4. How close were your meals to the recommended MyPlate proportions ($\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ protein, $\frac{1}{4}$ grains, with dairy on the side)?
