Explore the Photo

Think of the foods you enjoy. Categorize some of them in lists. In what food group does each of your favorite foods belong?

Writing Activity

Prewriting

Wellness Check-Up  Playing sports, walking the mall, riding a bike, or washing the car are all active physical activities. Think about your activities. Are they a part of a healthful lifestyle? How do the foods you eat fit into a healthful lifestyle? How nutritious are your food choices?

1. Identify two smart food choices you usually make.
2. List two ways you could improve your food choices.
3. Write two questions about your own eating decisions.
Before You Read

Preview  Look at the photos and figures and read their captions. Then think about how the foods you eat fit into the USDA food guide shown on www.ChooseMyPlate.gov.

Read to Learn

Key Concepts

• Identify the key ideas in the USDA food guide.
• Summarize how to use the USDA food guide.
• Describe the five food groups and oils.
• Name nutrient dense foods.
• Explain the importance of portion sizes.

Main Idea

MyPlate is your daily guide for healthful eating and active living. Eating a variety of foods in the right amounts provides the nutrients and energy you need.

Content Vocabulary

❑ MyPlate
❑ combination foods
❑ empty-calorie foods
❑ discretionary calories
❑ USDA food guide

Academic Vocabulary

You will find these words in your reading and on your tests. Use the glossary to look up their definitions if necessary.

❑ estimate
❑ influence

Graphic Organizer

Use a graphic organizer like the one below to list your favorite foods according to their food group or category.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Favorite Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain Group</td>
<td></td>
</tr>
<tr>
<td>Vegetable Group</td>
<td></td>
</tr>
<tr>
<td>Fruit Group</td>
<td></td>
</tr>
<tr>
<td>Dairy Group</td>
<td></td>
</tr>
<tr>
<td>Protein Foods Group</td>
<td></td>
</tr>
<tr>
<td>Oil Category</td>
<td></td>
</tr>
</tbody>
</table>

Go to connectED.mcgraw-hill.com to download this graphic organizer.
All About MyPlate

MyPlate is a visual cue, meant to remind people to make healthful food choices. (See Figure 9.1) Developed by the U.S. Department of Agriculture (USDA), it is a reminder to follow the USDA Food Patterns, which are presented in the Dietary Guidelines for Americans, 2010. The Web site, www.ChooseMyPlate.gov, shows people how to eat for health, using the five food groups plus oils, to meet their daily nutrient and food energy needs. The Web site also gives physical activity advice.

How to Build a Healthy Plate

A variety of foods—vegetables, fruits, whole-grain foods, lowfat and fat-free dairy foods, and lean protein foods—contain the nutrients you need without too many calories. A healthful meal can combine these nutrient-dense foods in many different ways. What you eat for the whole day, not one meal or one snack, is what counts. These are some strategies that can help you make smart choices about foods on your plate.

- Make half of your plate fruits and vegetables. Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. Eat fruit and vegetables as snacks; they are nature’s original fast foods.

- Switch to fat-free or low-fat milk. They have the same amount of calcium, vitamin D, and other essential nutrients as whole milk, but less fat and calories. Try calcium- and vitamin D-fortified soy products as an alternative to dairy foods.
◆ Make at least half your grains whole. Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. Check the ingredient list on food packages to find whole-grain foods.

◆ Vary your protein food choices. Keep meat and poultry portions small and lean. Twice a week, make seafood the protein on your plate. Eat beans, which are good sources of protein and fiber.

◆ Keep your food safe to eat. Learn how to store, prepare, cook, and serve food for safety.

Identify What does MyPlate remind you to do?

Figure 9.1 MyPlate

Eat Smart for Health. MyPlate uses a place setting to remind you to make healthier food choices. Use it to think about building a healthful plate at meal and snack times. Make over your plate by starting with one little step. Make changes gradually. Add other steps as often as possible. Small steps add up to better health. What steps can you take to eat healthier?
**Follow the Food Guide**

The Dietary Guidelines provide food patterns for 12 calorie levels, showing the amount and variety of foods and drinks to eat daily. Following the pattern—or USDA food guide—for your calorie need can provide the nutrients and energy for your health, growth, and physical activities.

The USDA food guide, on the [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) Web site, emphasizes food and drink choices from five food groups: Fruit, Vegetable, Grain, Dairy, and Protein Foods Groups. It also offers advice for oils. Use this guide as a personal action plan for your whole day’s meals and snacks.

◆ Choose a variety of foods from each food group in the right amounts for your calorie need.

◆ Make smart choices from every food group. In each food group some foods are more nutrient dense than others. Eat them more often. For example, fat-free or low-fat milk is a smarter choice than fried cheese sticks. Some foods have a lot of added sugars and solid fats. Eat them less often.

◆ Get the most nutrition from your calories and stay within your daily calorie target. Make your choices nutrient dense.

◆ Balance your food and beverage calories with the calories your body uses to maintain a healthy weight.

◆ Match your food and drink choices to you. Each person has different physical needs, food preferences, and family and cultural traditions that influence these choices. Influence means that traditions can affect food choices. The USDA food guide is flexible for a lifetime of healthful eating and active living. Adjust your food and drink choices as your life and your activity level change.

**How the Food Guide Works Online**

Follow these steps to put the food guide in action:

1. Visit the MyPlate Web site at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Click on Daily Food Plans, shown with the SuperTracker. They are meant for healthy people ages two and over.

2. Fill in your age, gender, height, weight, and physical activity level. It will click to the amounts of foods from the food groups you need, based on your overall calorie need. It also shows your limits on fats, sugars, and sodium. Your food plan is personalized.

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**Math in Action**

**Conversions**

Some recipes use the metric system, even though most people in the United States use customary measurements. Convert the following customary measures to metric.

- 2 tablespoons olive oil
- 6 ½ fluid ounces tomato juice
- ½ cup raisins

**Starting Hint** Use these equivalents to convert these measurements: 14.7 milliliters equals 1 tablespoon or 0.5 fluid ounces, and 1 cup equals 250 mL.

**Math Concept** Customary measures usually are written with fractions or mixed fractions. Metric measures are written as decimals or mixed decimals because they show part of a whole.

For more math help, go to the Math Appendix.

4. Put together a daily eating plan that includes amounts of foods that match your calorie level. Spend your calories wisely for good nutrition.

5. Keep track of what you eat and drink. Estimate the amounts of foods you need to eat daily from each food group. Estimates are not exact amounts. You can use the worksheet on the Web site to track your food and drink choices, or make your own sheet.

6. Stay physically active to keep your healthy weight and maintain energy balance.

7. Follow your plan for daily eating and physical activity by taking positive steps, one at a time.
   For a more detailed eating and physical activity plan, use the SuperTracker on the same Web site.

Discuss How can you use the food guide to choose the kinds and the amounts of foods you need?

Five Food Groups Plus Oils

Foods in the USDA food guide fit into five food groups, plus the oils category. Each group is important.

Foods are grouped in food groups because their nutrient content is similar.

Within each food group, different foods contain different nutrient amounts. The Vegetable and Fruit Groups are good sources of vitamins A and C, folate, potassium, carbohydrates, and fiber. Because their nutrients differ, vary your fruits and vegetables each day. Grain Group foods provide starches (complex carbohydrates), several B vitamins, and iron. Whole-grain foods are better sources of fiber than refined grain products.

No single food or food group supplies all the nutrients your body needs. Eat a variety of foods among and within the food groups for different nutrients, great flavors, and fun (see Figure 9.2 on page 130).
*Amount for a 2,000-calorie daily eating plan.

**Grain Group**
Grain Group includes cereal, rice, pasta, breads, and grits.

**Key Nutrients:** Carbohydrates, B vitamins, especially thiamin, niacin, folate; minerals, including iron; fiber

**Daily Amount:** 6-ounce equivalents, at least half should be whole grain*

**1 Ounce Is:** 1 slice of bread; 1 cup (250 mL) ready-to-eat cereal; ½ cup (125 mL) cooked cereal, rice, pasta, or grits; 1 small muffin; 1 small tortilla

**Vegetable Group**
Vegetable Group includes broccoli, carrots, tomatoes, spinach, lettuce, asparagus, beans and potatoes.

**Key Nutrients:** Carbohydrates; vitamins, especially vitamins A and C and folate; minerals, including potassium; fiber

**Daily Amount:** 2½ cups*

**1 Cup Is:** 2 cups (500 mL) raw leafy vegetables; 1 cup (250 mL) cooked or chopped raw vegetables; 1 cup (250 mL) vegetable juice

**Fruit Group**
Fruit Group includes apples, oranges, tomatoes, avocados, blueberries, plums, and grapes.

**Key Nutrients:** Carbohydrates; vitamins, especially vitamins A and C and folate; minerals, especially potassium; fiber

**Daily Amount:** 2 cups*

**1 Cup Is:** 1 cup (250 mL) cut up cooked or raw fruit; 1 cup (250 mL) fruit juice; 1 large banana or orange; 1 small apple; ½ cup (125 mL) dried fruit

*Amount for a 2,000-calorie daily eating plan.
Dairy Group

Dairy Group includes milk, yogurt, and cheese and some other dairy products.

**Key Nutrients:** Protein, calcium, some other minerals, B vitamin (riboflavin), vitamin D

**Daily Amount:** 3 cups*

**1 Cup Is:** 1 cup (250 mL) milk or yogurt; 1 ½ ounces (42 g) natural cheese; 2 ounces (56 g) processed cheese

Protein Foods Group

Protein Foods Group includes all meats, poultry, fish, beans, eggs, nuts, and seeds.

**Key Nutrients:** Protein, B vitamins (thiamin and niacin), iron, zinc

**Daily Amount:** 5 ½-ounce equivalents*

**1 Ounce Is:** 1 ounce (28 g) cooked lean meat, poultry, or fish; ¼ cup (60 mL) cooked dry beans (legumes); 1 egg; 1 tablespoon (15 mL) peanut butter; ½ ounce (14 g) nuts or seeds

Oils

Healthful oils are not considered a food group. Some foods from the five food groups contain healthful oils. Oils also include fish oil, vegetable and olive oils. They are liquid at room temperature.

**Key Nutrients:** Fats (unsaturated), vitamin E

**Daily Amount:** 6 teaspoons (from fish, nuts, and some vegetable oils)*

*Amount for a 2,000-calorie daily eating plan.
What About Mixed Foods?

Where do mixed foods fit in the five food groups? How do you estimate food-group amounts for a slice of pizza, a vegetable omelet, a chicken Caesar salad, or a taco? A food with several ingredients is called a combination food, or a food with several ingredients from two or more food groups. For an example of a combination food, look at the sandwich in Figure 9.3 below. Follow these steps to figure out how much a combination food provides from each food group:

- Estimate the amount of each ingredient and name its food group.
- Decide how each ingredient contributes to your calorie level and food-group recommendations.

Describe How can you figure out how a combination food fits into the five food groups?

Figure 9.3 Food Groups in a Pita Sandwich

Mixed Foods A pita sandwich includes foods from several food groups. What are some other combination foods you like?

**GRAIN GROUP**
1 six-inch pita

**PROTEIN FOODS GROUP**
1 ounce beef, chicken, or pork or fish

**VEGETABLE GROUP**
2 tomato slices and 1/4 cup lettuce
Make Wise Choices

In each food group some foods contain more nutrients. Nutrient-dense foods provide high amounts of vitamins and minerals and fewer calories than others in the same food group. The more nutrients a food has in relation to its calories, the higher its nutrient density. Sweet potatoes are nutrient dense; potato chips are not.

Added sugars and fats add calories. Smart food choices have low amounts of solid fats or added sugars: choose mostly fat-free or low-fat milk instead of whole milk, and unsweetened rather than sweetened applesauce. Food preparation also can add sugars and fats. Skinless baked chicken has less fat than fried chicken. Fruit pie has added sugars; fresh fruit does not.

Regular soft drinks and candy are empty-calorie foods. Their calories come from added sugars, fat, or both. These foods supply few nutrients and do not count as food-group foods.

Get the Most Nutrition for Your Calories

Follow these guidelines to select nutrient-dense foods that are smart food-group choices:

◆ Make at least half of your grain foods whole grains for more fiber. Grain foods are valuable energy sources.

◆ Vary your veggies. Choose different colors. Many teens do not eat enough dark-green or orange vegetables and beans (legumes). These foods deliver nutrients such as vitamin A and fiber.

◆ Focus on fruit. Many teens need to eat more fruit. Choose mostly whole or cut-up fruit. Go easy on fruit juice. It has less fiber than whole fruit.

◆ Eat calcium-rich foods. Choose mostly low-fat and fat-free milk, yogurt, and similar dairy foods for calcium. Teens need calcium for growing bones. If you cannot or do not drink milk, eat other calcium-rich foods.

◆ Go lean with protein. Eat enough lean meat, poultry, fish, eggs, nuts, or beans for iron and protein. Teens need iron and protein from food for new blood cells.

Foods with solid fats tend to increase the level of cholesterol in your body. Eating these foods raises your risk of heart disease. Eating some oils is important. Replace solid fats with oils when you can since they provide calories, you do not need much. Fatty fish such as salmon, olives, avocados, seeds, and nuts also provide oils.

Explain What is the difference between a nutrient-dense and an empty-calorie food?
The Right Amount for You

Before you can track your food amounts, you need to know how much food you need. Use the Daily Food Plan or SuperTracker on the www.ChooseMyPlate.gov Web site to find out.

Food plans are provided at 12 calorie levels. A teenage athlete may need 2,600 calories daily, while a less-active teen may need only 2,000 calories. Your energy needs also depend on your age and gender. Each food plan gives specific amounts for each food group. See Figure 9.4.

Watch Your Portion Sizes!

Knowing portion sizes helps you stay within your energy needs. A portion, or helping, is the specific amount of a food or drink eaten in a meal or snack. It may differ from the serving size, a fixed amount, on a food label. See how your portions contribute to the daily amounts recommended for each food group in Figure 9.4.

Your portions may be bigger or smaller than you think. A typical portion could be enough for a day. For example, one bagel may weigh 5 ounces! Big portions can lead to overeating and too many calories, fat, and added sugars.

You do not need to measure every time. You just need to know how to estimate. Two slices of bread are worth about 2 ounces from the Grain Group. To plan diets based on portion control, you can:

- Measure the bowls, cups, and plates you usually use.
- Compare your portion sizes to common objects shown in Figure 9.5.

How much you eat in a whole day is what counts. The total of your portions should match your daily food-group targets.

### Figure 9.4 Food Group Advice

**A Plan for Healthy Eating** These three plans show how much to eat for three different calorie (food-energy) levels if most choices are lean, low-fat, fat-free and without added sugars. *Which calorie level is right for you?*

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>About 1,800 Calories</th>
<th>About 2,000 Calories</th>
<th>About 2,600 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Group</td>
<td>1½ cups</td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>2½ cups</td>
<td>2½ cups</td>
<td>3½ cups</td>
</tr>
<tr>
<td>Grain Group</td>
<td>6 -ounce equivalents</td>
<td>6 -ounce equivalents</td>
<td>9 -ounce equivalents</td>
</tr>
<tr>
<td>Protein Foods Group</td>
<td>5 -ounce equivalents</td>
<td>5½ -ounce equivalents</td>
<td>6½ -ounce equivalents</td>
</tr>
<tr>
<td>Dairy Group</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Oils</td>
<td>5 teaspoons*</td>
<td>6 teaspoons*</td>
<td>8 teaspoons*</td>
</tr>
</tbody>
</table>

* Oils are not a food group, but they are part of a healthful food plan. They come from some vegetable oils, as well as nuts, seeds, and some fish, such as salmon.
Know Your Portions  These common objects can help you get to know the size of common measures, such as ½ cup, or 1 cup, or 1 ounce. The column on the right shows the amount of food needed for a 2,000 calorie eating plan. How do these common objects compare to your usual portion sizes?

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Image</th>
<th>Portion Size</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup of fruit juice</td>
<td>[Image]</td>
<td>= size of a 4-oz juice box</td>
<td>Fruit Group</td>
</tr>
<tr>
<td>1 small apple</td>
<td>[Image]</td>
<td>= size of a baseball</td>
<td></td>
</tr>
<tr>
<td>½ cup of sliced fruit</td>
<td>[Image]</td>
<td>= size of a small computer mouse</td>
<td></td>
</tr>
<tr>
<td>½ cup of carrots or other vegetables</td>
<td>[Image]</td>
<td>= size of a small computer mouse</td>
<td>Vegetable Group</td>
</tr>
<tr>
<td>1 cup of milk</td>
<td>[Image]</td>
<td>= an 8-oz carton of milk</td>
<td>Dairy Group</td>
</tr>
<tr>
<td>1 tablespoon of peanut butter</td>
<td>[Image]</td>
<td>= size of a deck of cards</td>
<td></td>
</tr>
<tr>
<td>1 cup of yogurt</td>
<td>[Image]</td>
<td>= size of a baseball</td>
<td></td>
</tr>
<tr>
<td>1½ oz of low-fat natural cheese*</td>
<td>[Image]</td>
<td>= size of two 9-volt batteries</td>
<td></td>
</tr>
<tr>
<td>2-3 oz of meat, poultry, or fish</td>
<td>[Image]</td>
<td>= size of a deck of cards</td>
<td>Protein Foods Group</td>
</tr>
<tr>
<td>1 cup of dry cereal</td>
<td>[Image]</td>
<td>= size of a baseball</td>
<td></td>
</tr>
<tr>
<td>½ cup of cooked pasta</td>
<td>[Image]</td>
<td>= size of a small computer mouse</td>
<td></td>
</tr>
<tr>
<td>1 slice of bread</td>
<td>[Image]</td>
<td>= size of a CD*</td>
<td>Grains Group</td>
</tr>
</tbody>
</table>

*About the thickness of 10 CDs (½ inch)
Plan Your Daily Menu

You can make good food choices if you know what and how much you should eat. Think about and plan your day’s meals in advance to make sure your diet meets your nutritional needs and you eat as healthfully as possible. Figure 9.6 shows the amounts and types of foods you might eat in a day based in a total of 2,000 calories. Figure 9.7 shows a daily meal plan that includes the amounts and types of foods shown in Figure 9.6. Young children and inactive women need less food than what is shown in the two figures. Teen boys and grown men need more food than what is shown in the two figures.

Your Calorie Extras

Your food-group choices provide calories as well as nutrients. Depending on the foods and your portion sizes, they may contribute all the calories, or food energy, you need. If not, you have extra calories to spend. That may happen if most of your food-group choices have little or no fat and added sugars, if you eat the right amount without overeating, and if you are more physically active.

You can have these extra calories if you eat enough from all food groups, and if you stay within your total calorie budget. Be careful. Even with smart food choices, you may have only 200 to 300 calories to spare.
A Daily Meal Plan  It is important to enjoy different foods in your meals and snacks. This daily meal plan includes the amounts and types of foods based on a total of 2,000 calories as shown in Figure 9.6. How do these amounts compare to the amount you need to eat, based on your calorie needs?
How to Spend Your Discretionary Calories

There are four ways to spend you extra calories if you have met your food group targets and still have extra calories to spend within your calorie level.

◆ Eat foods that are nutrient dense.
◆ Eat small amounts of food-group foods that have more calories. Cheese, sweetened cereal, sausage, or biscuits are examples of foods with more calories from fat or added sugars than other foods in their food groups.
◆ Add just a little fat or sugars to foods, for example, butter, salad dressing, or jelly.
◆ Enjoy some empty-calorie foods every now and then, such as a soft drink or piece of candy. When you eat empty-calorie foods, remember to keep your portions small!

How can you earn more calories? Remember to choose food-group foods with fewer calories, and less fat and added sugars. Participate in sports or move more to increase your need for food energy.

Describe What are some foods that have more fats or added sugars than other foods in their food groups?

### Balsamic Vinaigrette

<table>
<thead>
<tr>
<th>Customary</th>
<th>Ingredients</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Olive oil</td>
<td>250 mL</td>
</tr>
<tr>
<td>½ cup</td>
<td>Balsamic vinegar</td>
<td>125 mL</td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>Dijon mustard</td>
<td>15 mL</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>Dried oregano</td>
<td>5 mL</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>Dried thyme</td>
<td>2 mL</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>Dried basil</td>
<td>2 mL</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>Salt</td>
<td>2 mL</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>Pepper</td>
<td>2 mL</td>
</tr>
</tbody>
</table>

**Yield:** 18 servings, ¾ fluid ounce (25 mL) each

1. Combine all ingredients in a mixing bowl and whisk until vinaigrette is mixed well.
2. Pour into a carafe or jar and store. Serve cold and toss with salad.

**Nutritional Information Per Serving:** 118 calories, 13 g total fat (2 g saturated fat), 0 mg cholesterol, 87 mg sodium, 1 g total carbohydrate (0 g fiber, 1 g sugars), 0 g protein

**Percent Daily Value:** Vitamin A 0%, vitamin C 0%, calcium 0%, iron 2%
CHAPTER SUMMARY

MyPlate was developed by the USDA as a visual reminder to help people make healthful food choices and stay physically active. The USDA food guide places foods into five food groups and the oils category based on nutrient content. You need to eat a variety of nutrient-dense foods in the right amounts from these groups for energy, growth, and wellness. The right amount is based on calorie level for your age, gender, and physical activity level. The USDA food guide can be your personal action plan for your whole day’s meals and snacks and for active living.

Vocabulary Review

1. Use each of these vocabulary words in a sentence.

   **Content Vocabulary**
   - MyPlate (p. 126)
   - combination foods (p. 132)
   - empty-calorie foods (p. 133)

   **Academic Vocabulary**
   - discretionary calories (p. 136)
   - USDA food guide (p. 128)

   **Influence** (p. 127)

Review Key Concepts

2. Identify the key ideas in the USDA food guide.
3. Summarize how to use the USDA food guide.
4. Describe the five food groups and oils.
5. Name five nutrient-dense foods.
6. Explain the importance of portion sizes.

Critical Thinking

7. Evaluate why nutrition experts advise teens to choose whole-grain foods, fruit, dark-green or orange vegetables, dried beans, low-fat or fat-free milk, and lean and low-fat protein foods.
8. Design a meal based on your nutritional needs that includes foods from all five food groups.
9. Analyze why eating a variety of foods is more healthful than eating from one or two food groups.
Real-World Skills and Applications

Problem-Solving
10. **Making Decisions** Make the USDA food guide a roadmap to a healthier you. For each food group, write three simple, specific steps you can take for a healthier you. Make a plan to follow through. Track your progress, then add more steps.

Interpersonal and Collaborative
11. **Work in Teams** Follow your teacher’s instructions to form teams. Work in teams to research and compile a menu for a restaurant that promotes its healthful choices. As a team, share your menu with the class.

Technology
12. **Create a Spreadsheet** Keep track of your food and drink choices for a day. Create a spreadsheet to show how the foods you eat for a day fill up your food guide goals.

Financial Literacy
13. **Food Shopping on a Budget** Imagine that you have $50 a week to spend on food for yourself. Plan a week’s worth of menus based on the USDA food guide, and calculate the cost. Did you come in under or over budget? Share your findings with the class.

14. **Estimate Portions** Pour a typical amount of cereal in a bowl. Spoon a helping of cooked pasta or rice on a plate. Pour a glass of milk. Estimate the amount, then measure. How close was your estimate to the measured amount? How can common objects be used to help you utilize portion control when you plan your diet?

15. **Research Nutrition History** Find out about different food guides that have been used to promote healthful eating in the United States over the past 70 years. What nutrition advice does each one provide? How and why did they change? Share your findings as an oral report in class.

16. **Make a Smoothie**. Create a recipe for a 12-ounce smoothie. Use whole or cut-up fruit, yogurt, and juice. Determine how each ingredient contributes to its food group and the day’s nutrient recommendation for you. Prepare your smoothie. Rate it for flavor and nutrition.

Additional Activities For additional activities go to connectED.mcgraw-hill.com.
Academic Skills

**English Language Arts**

17. **Advertise** Write a commercial jingle about how to use food guide advice to make snack choices. In your song, describe the ways that snacks can fit into a healthful eating plan and contribute to your food group needs. Use current advertisements as inspiration for your jingle.

**Science**

18. **Form a Hypothesis** The scientific method is a way to answer questions. You must collect information, form a hypothesis, study the results, and draw conclusions that can be tested by others. One hypothesis might read: *Obesity is an increasing concern in the United States because people are less active, and eat more than they used to.* Write a list of facts that supports this hypothesis.

**Mathematics**

19. **Calculate Average Amounts** A local restaurant has installed a salad bar. On a busy night, workers fill a large bowl 3 times, each time with 16 cups of salad greens. This serves 48 guests who order from the salad bar. What is the average portion size of greens for each guest?

**Math Concept** **Use Variables and Operations** Translating words into algebraic expressions requires knowledge of the meaning of the verbal descriptions. In algebra, a variable is a symbol used to represent a number. Arithmetic operations include addition, subtraction, multiplication, and division.

**Starting Hint** If \( x \) = the average number of salad greens each guest takes at the salad bar, the algebraic expression for the problem is \( x = \frac{3 \times 16}{48} \). Solve for \( x \).

---

**STANDARDIZED TEST PRACTICE**

**MULTIPLE CHOICE**
Read the paragraph and choose the best answer. Write your answer on a separate piece of paper.

**Test-Taking Tip** Read the paragraph carefully to make sure you understand what it is about. Read the answer choices. Then read the paragraph again before choosing the answer.

Healthful eating means choosing enough nutrient-dense foods from each food group. The right amount for a day depends on a person’s age, gender, and physical activity.

20. Based on the paragraph, which of the following statements is true?
   a. Eating a healthful diet is easy.
   b. Age helps determine a person’s daily food needs.
   c. Teens do not need to eat healthfully.
   d. Eating nutrient-dense foods is not important.
Investigate Food Trends

Understanding nutrition can help you make better food choices in the future. Popular food trends can influence your food choices. Research a current food trend. What are some trends you have heard about food? Do they encourage healthful food choices? How might food trends affect your own personal food choices?

My Journal

If you completed the journal entry from page 92, refer to it to see if your food choices reflect current trends.

Project Assignment

In this project you will:

- Choose and research a popular food trend that interests you.
- Examine how the food trend you selected reflects or does not reflect the messages of the Dietary Guidelines and MyPlate.
- Write a list of interview questions about the food trend you selected and its effect on nutrition.
- Interview someone in the community who is qualified to discuss the food trend.
- Take notes during the interview, and type the results of the interview.
- Use what you learned in your research to create an oral presentation.

STEP 1 Choose and Research a Topic

Choose a topic or select your own topic and research its effect on health. Possible topics include small portions, vegetarian foods labeled with place of origin, organic foods, ready-to-heat foods, or better-for-you foods. Write a summary of your research that:

- Describes the food trend
- Explains health effects of the trend
- Relates your topic to the messages of MyPlate and the Dietary Guidelines
- Includes relevant statistics

STEP 2 Plan Your Interview

Use the results of your research to develop a list of interview questions. Keep these writing skills in mind as you form your questions.

Writing Skills

- Use complete sentences.
- Use correct spelling and grammar.
- Organize your questions in the order you want to ask them.
**STEP 3 Connect with Your Community**

Interview someone in your community who is qualified to discuss the food trend you chose. For example, you might interview a local farmer or grocer about organic foods; a baker about whole-grain breads; or a nurse or dietitian about calorie-controlled foods. Use the questions you formed in Step 2 to interview him or her.

**Interviewing Skills**
- Record responses and take notes.
- Listen attentively.
- When you transcribe your notes, write in complete sentences and use correct spelling and grammar.

**STEP 4 Create Your Final Report**

Use the Unit Thematic Project Checklist to plan and give an oral report. Use these speaking skills as you present your final report.

**Speaking Skills**
- Speak clearly and concisely.
- Be sensitive to the needs of your audience.
- Use standard English to communicate.

**STEP 5 Evaluate Your Presentation**

Your project will be reviewed and evaluated based on:
- Depth of interview and questions
- Content of your presentation
- Mechanics—presentation and neatness

**Evaluation Rubric** Go to connectED.mcgraw-hill.com for a rubric you can use to evaluate your final report.