**Activity 2 – ChooseMyPlate.gov**

Answer the following questions by visiting [www.choosemyplate.gov](http://www.choosemyplate.gov). Once you have reached the site’s homepage click on “Food Groups” in the blue column on the left side of the page. From here you can click on each of the five food groups to learn more about them.

1. What are the five food groups?
2. Give an example of two foods in the grain group.
3. What is the difference between whole grains and refined grains?
4. How much food from the grain group should you eat daily.
5. What are two benefits of eating foods in the vegetable group?
6. What is one way of adding more vegetables to your diet?
7. How many cups of vegetables should you eat each day?
8. Give two examples of foods in the fruit group.
9. How many cups of fruit should you eat daily?
10. What counts as a cup of your favorite fruit?
11. What are three nutrients found in dairy products that are vital to your health?
12. How can you add low-fat dairy products to your diet?
13. How much food from the dairy group should you eat each day?
14. What are three foods you eat that are in the protein group?
15. How much protein should you eat per day?
16. Why is it important to make lean or low-fat choices from the protein group?
17. Label the diagram below with the food groups that should be apart of each meal.