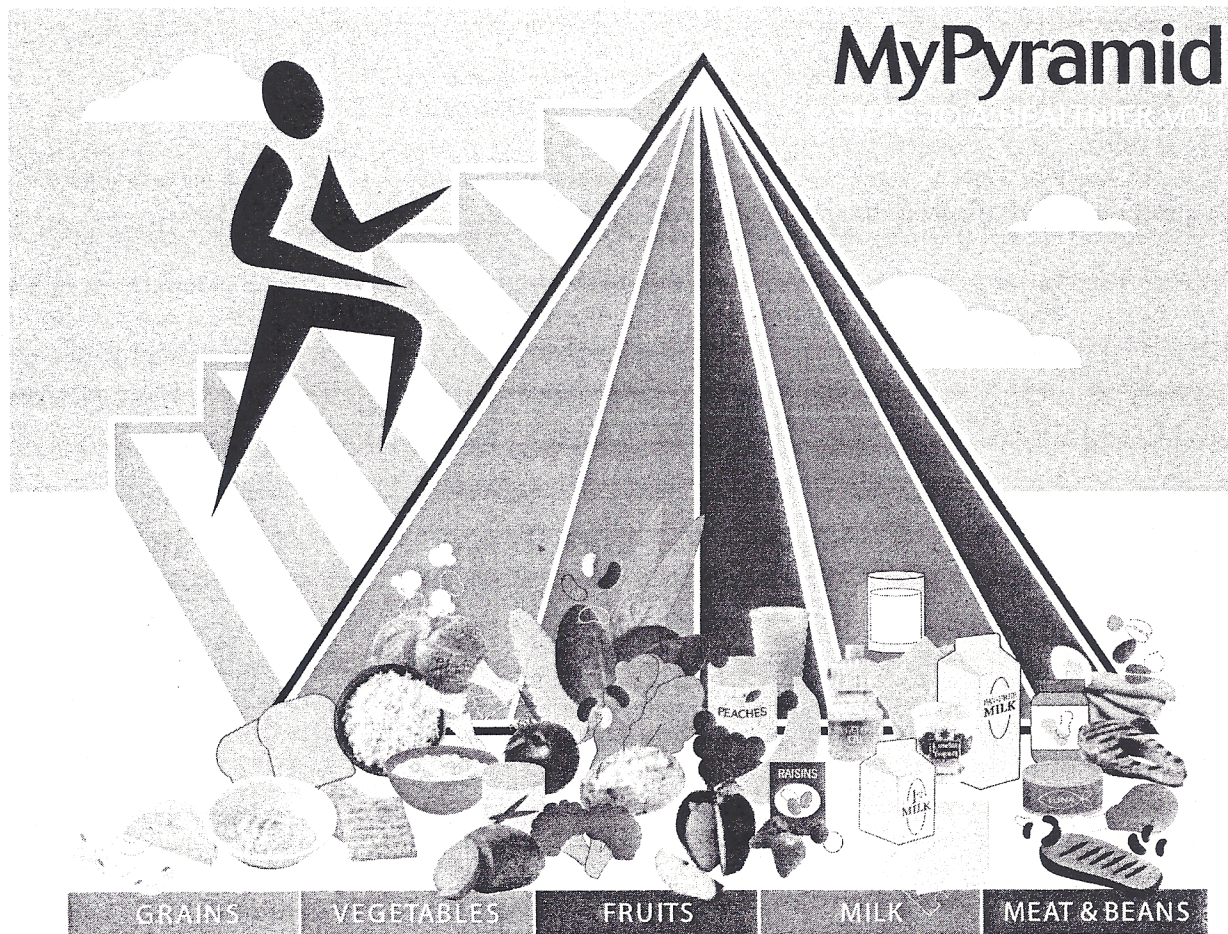


**Activity 18****Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 3

# Guiding Your Food Choices

**Directions:** You are determined to have a healthful eating plan. List a day's worth of meals and snacks based on a 2,000 calorie per day diet. Use MyPyramid to guide your choices from each food group. Also include the number of servings for each of the foods you choose.



For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day

Eat 2½ cups every day

Eat 2 cups every day

Get 3 cups every day;  
for kids aged 2 to 8, it's 2

Eat 5½ oz. every day

Refer to your completed chart. How well do your meal plans follow the recommended foods and number of servings suggested in MyPyramid? How can you adjust your food choices to better follow the recommendations?

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