



Middle School Nutrition Scavenger Hunt

Instructions: Use the Internet links below to learn more about nutrition. Each resource link will be used to answer at least one question. Be sure to write/type your answers on a separate sheet of paper (make sure I can read them if you choose to write them out). **NO CUT AND PASTE!!!**

<http://www.mypyramid.gov/>

1. Use mypyramid plan to find out the amount of each food group you need daily? List all Bread, Meat, Vegetables, Fruit, Milk, Meat, and Fats? (serving sizes)
2. What is this information based off of?
3. What is the importance of eating fruits and vegetables?
4. What counts as a cup of vegetables?
5. What counts as a cup of fruit?
6. Give at least 6 tips on ways to incorporate more fruits and vegetables into your current diet. (tips you could actually use and apply to your own daily routines)
7. Please click on Meat. How can meat be prepared in a low fat way? (list at least 5)
8. List at least 6 tips for eating out.