**Weekly Reading Article**

***ChooseMyPlate.gov (1230L)***

**Instructions: COMPLETE ALL QUESTIONS AND MARGIN NOTES**

**Questions:** Answer in COMPLETE SENTENCES unless otherwise instructed. Lists and charts are the exception and may be answered in phrases.

**Read** the following article carefully and **make notes in the margin** as you read.

Your notes should include:

* Comments that show that you **understand** the article. (A summary or statement of the main idea of important sections may serve this purpose.)
* Questions you have that show what you are **wondering** about as you read.
* Notes that differentiate between **fact** and **opinion**.
* Observations about how the **writer’s strategies** (organization, word choice, perspective, support) and choices affect the article.

Your **margin notes** are part of your score for this assessment.

**Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Notes on my thoughts, reactions and questions as I read:***

 The Food Pyramid is now MyPlate. The U.S. guide to eating healthy now

looks like a dinner plate, with recommendations for how much of which each food

group people should eat. Fruits (red) and vegetables (green) make up more than

half of the plate, with grains (orange) and protein (purple) filling out the rest.

Suggesting a glass of milk, dairy appears as a blue circle adjoining the plate.

 The main vehicle for sharing the information is the ChooseMyPlate

website, which has a large amount of informative Q&As (defining such things as

"empty calories" and "added sugars"), checklists, and interactive tools, including a

daily food planner. On the site is a feature titled, MyFood-a-pedia, which allows

students and adults to search a large encyclopedia of food knowledge for

information about portions and calories, as well as compare two foods to see

which is higher in certain vitamins or minerals. Advice includes varying the

amount of kind of healthy foods consumed and a focus on lean protein and dairy

and whole grains. Also emphasized is the need to keep food safe from spoiling.

 The change in the look of the food guidelines is part of the First Lady's

Let's Move! campaign to combat childhood obesity. Michelle Obama also broke

garden on a White House vegetable garden a couple years ago.

 The site also has information on combining a healthy diet with appropriate

amounts of physical exercise. 

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***Notes on my thoughts, reactions and questions as I read:***

*Source: choosemyplate.gov*

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***1.*** *How does your current diet compare to the government’s new recommendations?*

***2****. Review the “10 Tips” chart. Name two items you drink that contribute to the sugar in your diet. What could you drink in the place of those two items? Explain why that would be a healthier choice.*

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***3.*** *What is meant by the phrase “balance your calories” as mentioned in the chart?*

**4.**  *Make a list of eight items in a bulleted list that are considered healthy foods. Remember that you can use “caveman” talk in a bulleted list.*