My Food Guide Pyramid Project
Term Project

www.mypyramid.gov
This is your only copy of the directions you will get so put it somewhere safe!!!!!

1. On a poster board make a food pyramid. Make sure you get all parts of it. Be creative. This is your pyramid; make it with foods you enjoy, at least 3 pictures for each food group. You can get the pictures from web sites, magazines or you may draw them yourself. You will also put the serving size for each group. You need a minimum of 3 sentences explaining each food group on the poster.

3. Assess your intake of food. For three days keep a food journal of everything you ate. (The food journal needs to be handed in too.) Then using the food pyramid web site enter in what you ate. (food tracker)
   How many calories did you take in that day? Was it enough? Was it too much? Is it a balanced diet?
   What could you or should you changed over the 3 days you picked?
   Do you do any physical activity? Assess your activity using the web site.

   Now make a balanced diet day. What would you have to eat? How much would you have to eat? Make it interesting and something you would really eat. (Minimum 1 page paper with your journal work)

4. Define what the RDA guidelines are. Bring in or print out 2 food labels from something you eat. You will learn how to read a food label during this process. What is good and what is bad about these foods that you picked. (1 page paper with labels attached)

5. Describe the different nutrients and how they are used in your body. List at least 2 foods that the nutrients are in and how that nutrient helps your body function. (One page paper)

6. List the common food allergies. What foods could be used in substitution? You will then describe on paper a meal that would meet the needs of someone who is on a specialty diet, and why this foods work for that person. You may describe a breakfast, lunch or dinner. (One paper paper)

7. Define what a “Super Food” is. Then find 3 recipes using one super food. You will prepare 1 recipe and explain to the group why this super food is important to your body. (Recipes must be OK’d with Ms. Kimball)
This is a term project. I will give you time to work on this project in class and in the computer lab. I will give you due dates as we move forward in the term. It is your responsibility to keep up with the work.

**PLEASE NOTE:**
The cooking portion of this project is done last. You must complete all written parts of this term project to be able to do the cooking portion.