

Balanced Diet Lesson Plan

Objective	Students will show their knowledge of food intake guidelines by tracking and comparing their intake to what is recommended by MyPyramid.gov.
Standards	MS.3.1: Dietary Guidelines/MyPyramid MS.3.2: Comparing food intake to recommendations
Materials	<ul style="list-style-type: none">• Paper• Pen/pencil• Computer with internet access• Chartle.com
Procedure	<ol style="list-style-type: none">1. Start by showing the students how to access the recommended food intake for each food group on MyPyramid.gov2. Explain to the class that they are to chart their intake of servings for each food group each day for 3 days.3. At the end of the third day, have the students compare their intake of each day to the recommended value and record their findings.4. After they have recorded their findings, instruct them to show their findings by creating a chart using Chartle.com and write a brief essay describing if there are any eating changes that they can make.
Evaluation	By creating a chart using Chartle.com, and writing a short essay, the students will have displayed their ability to use Chartle.com to show their understanding of the basic recommended dietary guidelines.