Skills Worksheet

Life Skills

Setting Goals

PLANNING HEALTHFUL DAILY MENUS

1. Create a one-day meal plan that meets the recommendations of the MyPlate food guidance system. Record each food in the table below, then indicate the amount from each group that it represents.

**\*\*Half Grains Whole/Vary Veggies/Lowfat Dairy**

**\*\*Hand in MyPlate Worksheet along with this worksheet**

 **ALLOWANCES: OZ. C. C. OZ. C. TSP.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meal | Planned Foods | Grains | Fruit | Veggies | Meat and Beans | Milk | Oils |
| Breakfast |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack(s) |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |

 **TOTALS: OZ. C. C. OZ. C. TSP.**

\*\*Answer the two questions on the next page\*\*

2. If your body weight is above the range that is healthy for you to maintain, what adjustments could you make to the amounts of food shown above? What adjustments could you make if you are below the healthy weight range?

3. Do you think you need to change your snacking habits in any way? Explain.