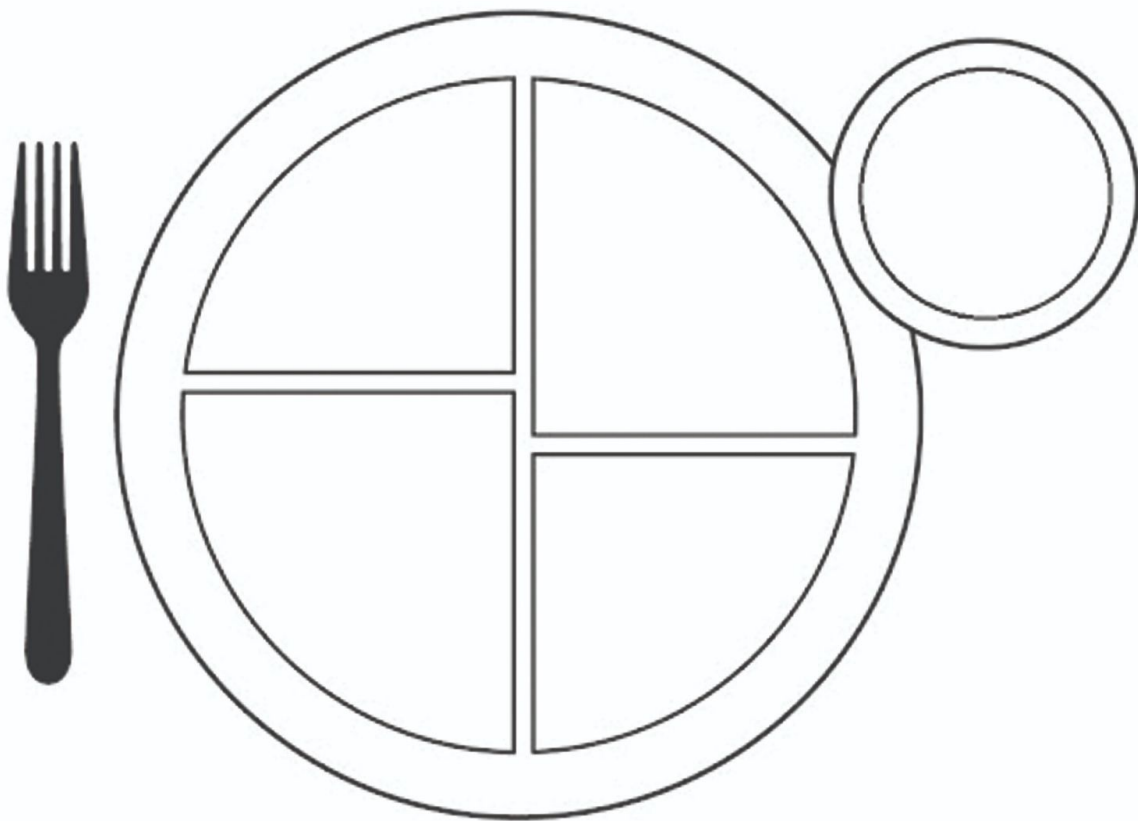


Name _____

Date _____

Calorie Counting

Draw your favorite meal on the plate below, then use the website www.myfooddiary.com to find the calories of each food item on your plate. Take those numbers and add them together to find the number of calories total for your meal. Then write a paragraph about how you would change your plate to follow the My Plate guidelines that we have discussed in class.



Write the calories for each food on your plate with the name of the food beside it. Add up the calories to get a total for your meal. Show your work.

Write a paragraph about how you would change your meal to make it fit the My Plate guidelines.
