

## Lesson 1 Assignment: The Food Guide Pyramid Worksheet

**Description:** The objective of this assignment is for the parents to learn about the food guide pyramid and how to apply the information. The parents will learn their own estimated energy needs and their child's needs and compare how their current diet is meeting those needs.

**Part A-Directions:** On the blank pyramid please fill in the correct name for each section of the pyramid and give the recommended number of servings for that section.

**Part B-Directions:** Make a balanced food plan meal. On the pyramid, list the foods you select.

Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_



Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_



Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_



Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_

\_\_\_\_\_



Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_

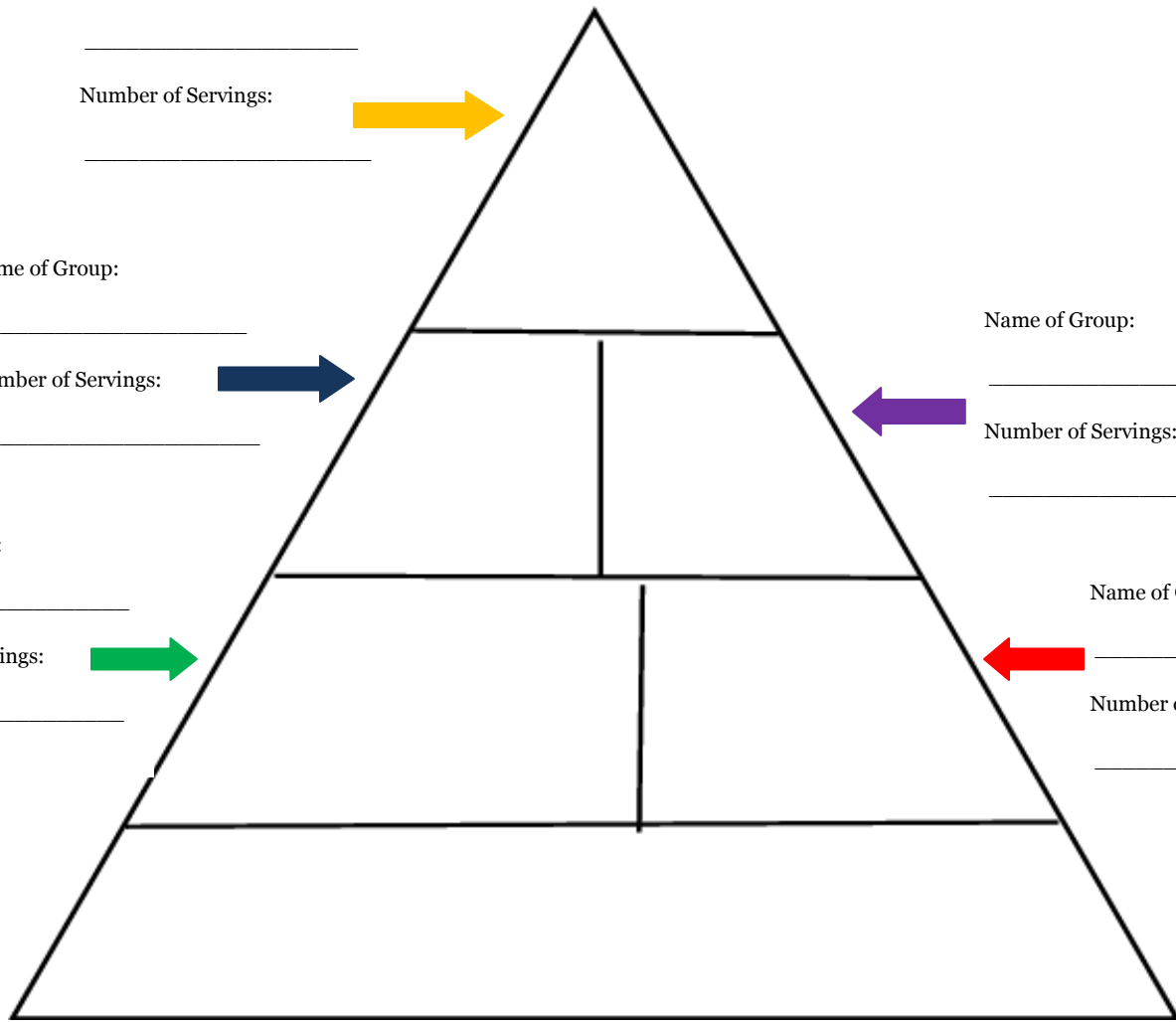


Name of Group:

\_\_\_\_\_

Number of Servings:

\_\_\_\_\_



## **Evaluation Rubric**

Your assignment will be evaluated using the following rubric. Before you submit your assignment for grading please check it against this rubric to make sure adequately addressed all of the evaluation criteria.

<b>Criteria</b>	<b>Points Possible</b>	<b>Instructor's Comments</b>
Content: Labels of all food groups and number of servings appear in the correct positions on the pyramid.	20	
Design: The balanced food plan meal includes an entree, at least one side dish, and a beverage.	20	
Overall: The parents demonstrate skill and knowledge of the food guide pyramid.	10	
Total Points:	50	