



United States Department of Agriculture

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Build Healthy Meals

<https://www.SuperTracker.usda.gov>

### Instructions:

Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance.

You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>

1. What did you plan for breakfast in your menu?

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2. How many total calories are in the daily menu you created? \_\_\_\_\_ calories

3. How many empty calories are in the daily menu you created? \_\_\_\_\_ calories

4. How much of each food group does your menu include?

a. Grains \_\_\_\_\_ ounces

b. Vegetables \_\_\_\_\_ cups

c. Fruits \_\_\_\_\_ cups

d. Dairy \_\_\_\_\_ cups

e. Protein Foods \_\_\_\_\_ ounces

5. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Check one:

- ☐ It was easy
- ☐ It was difficult
- ☐ It was neither easy nor difficult

6. Would you eat the foods you selected for your menu? Why or why not?

- ☐ Yes \_\_\_\_\_
- ☐ No \_\_\_\_\_

7. Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.

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8. Describe similarities and differences between the daily menu you created and what you typically eat.

Similarities (for example, I drink low-fat milk, which was included in my menu):

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Differences (for example, I typically eat less fruits and vegetables than the menu I created):

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Name: \_\_\_\_\_

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## Track Your Snack

<https://www.SuperTracker.usda.gov>

### Instructions:

Use SuperTracker's Food-A-Pedia feature to answer the questions below.

You can access Food-A-Pedia here: <https://www.supertracker.usda.gov/foodapedia.aspx>

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

a. What is your favorite snack? \_\_\_\_\_

b. How many food groups are in it? \_\_\_\_\_ food groups

c. What are the food groups? \_\_\_\_\_

d. How many total calories does it have? \_\_\_\_\_ total calories

e. How many empty calories does it have? \_\_\_\_\_ empty calories

f. How much sodium does it have? \_\_\_\_\_ mg

g. Based on this information, will you be choosing this snack: (check one)

☐ More often

☐ Less often

☐ The same

Why? \_\_\_\_\_

2. What is another snack you like to eat? \_\_\_\_\_

- a. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice? If yes, why?

\_\_\_\_\_

5. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".

- a. Which option contributes to the Fruit food group? \_\_\_\_\_

- b. Which option has more empty calories? \_\_\_\_\_

- c. Which option is the better choice? Why? \_\_\_\_\_

\_\_\_\_\_

6. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.

- a. What snack did you find? \_\_\_\_\_

- b. Choose an amount you typically eat. What amount did you choose? \_\_\_\_\_

- c. What food group(s) does it contribute to? \_\_\_\_\_

- d. How many total calories does it have? \_\_\_\_\_ total calories

- e. How many empty calories does it have? \_\_\_\_\_ empty calories

- f. How much sodium does it have per portion? \_\_\_\_\_ mg

7. List one snack food that you see advertised on television and one snack food that you see sold in your school. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the number of empty calories, and (4) the amount of sodium.

	Snack Advertised on TV	Snack Sold at School
Name of Snack		
Snack Portion Size (e.g., 1 cup)		
Number of Food Groups (Per Portion)		
Number of Calories (Per Portion)		
Number of Empty Calories (Per Portion)		
Amount of Sodium (Per Portion)		

8. Why is healthy snacking important?

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9. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

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