

2005 USDA Food Guide



ORANGE grains
GREEN vegetables
RED fruit

YELLOW fats and oils
BLUE milk
PURPLE meats and beans

On April 19th, the USDA released a new food guide. In the shape of a pyramid, with different colored vertical bands to represent the food groups, the pyramid is hoped to encourage healthy eating and lifestyle.

It suggests that eating should be individual and personalized, based on gender, age, and activity level, rather than held to a single standard.

The narrowing bands are meant to show that healthier choices should be made often, and less healthy choices should be made less frequently.

The new food guide includes a recommendation for daily exercise, between 30 and 90 minutes daily. This is shown by a figure climbing stairs on the side of the pyramid.

2005 USDA Food Guide Review the Facts

What do you know about the new food guide? Answer the following questions.

1. What shape is the food guide?
 - a. a cube
 - b. a pyramid
 - c. a square
 - d. a tube

2. How are the different foods shown?
 - a. Food groups are symbolized by colored bands
 - b. Food is grouped by calorie, and shown in a color wheel
 - c. There are pictures of specific foods
 - d. None of the above

3. What do the “steps” represent?
 - a. Health within step-families
 - b. The “steps” to good eating
 - c. The importance of exercise
 - d. The steps to eliminate sugar

4. Choose the correct color coding:
 - a. Red is for fruit, green is for vegetables, orange is for grains, yellow is for oils, blue is for milk, and purple is for meat and beans
 - b. Red is for meat, orange is for grains, brown is for oils, green is for fruit, black is for beans, purple is for fats
 - c. Red is for vegetables, orange is for fruit, green is for grains, white is for milk, and black is for oils, and brown is for meat and beans
 - d. None of the above

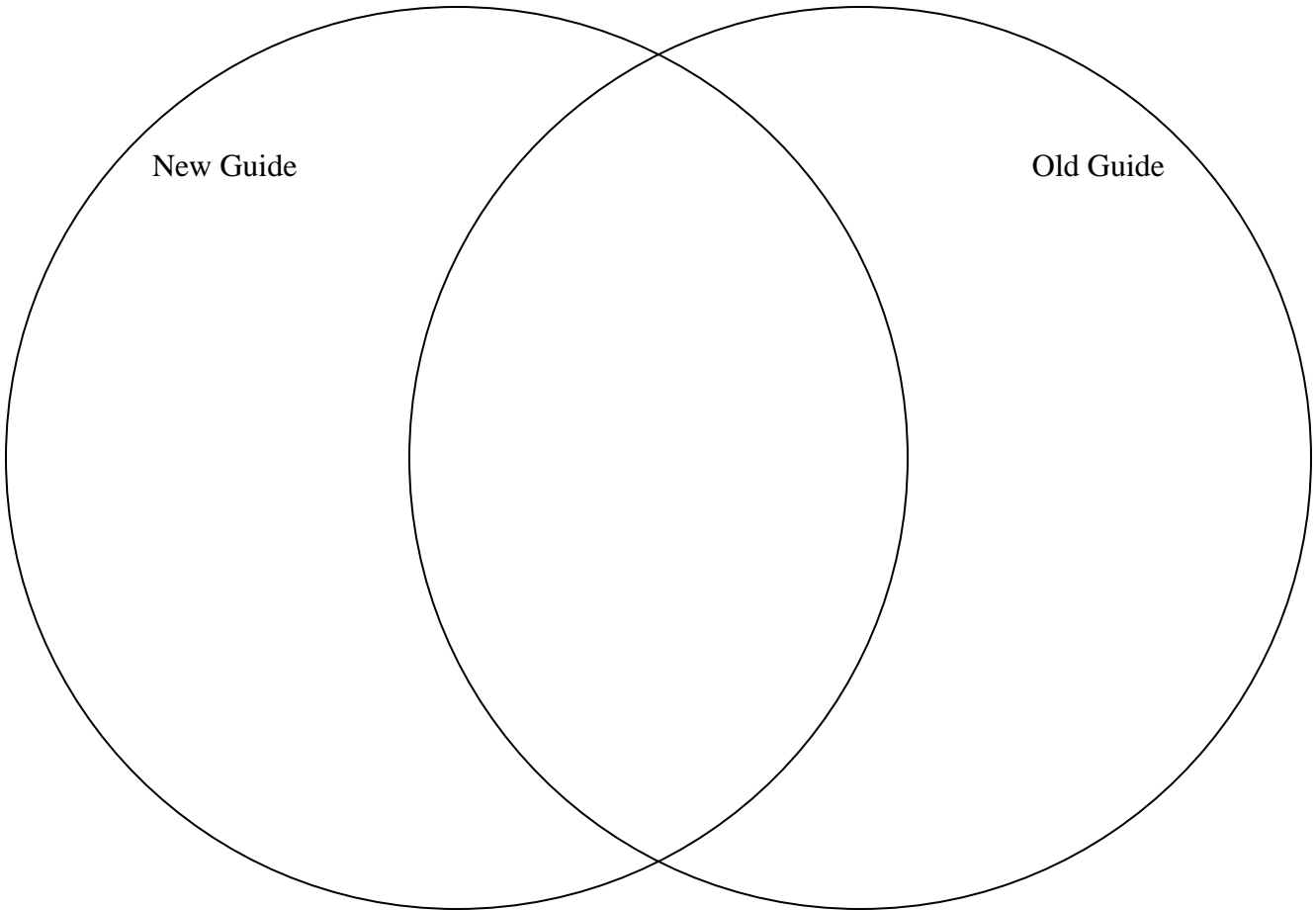
5. The bands get narrower at the top to indicate
 - a. Our heads are smaller than our bodies
 - b. The pyramid is pointed
 - c. More healthy foods, fewer unhealthy choices
 - d. Other: _____

6. Mark the following sentences “true” or “false” based on the information in the new pyramid:
 - a) _____ Exercise is an important part of health
 - b) _____ Everyone should eat the same foods in the same amounts
 - c) _____ A healthy diet includes no fats at all
 - d) _____ Milk should be the most-consumed food group.
 - e) _____ Fruits and vegetables are separate categories
 - f) _____ Meat and beans are separate categories
 - g) _____ The band width indicates the amount you should eat
 - h) _____ If you exercise more, you should eat more

Name _____ Date _____

2005 USDA Food Guide Venn diagram

Compare the new food guide and the old food guide.



Now write a brief comparison:

Name _____ Date _____

2005 USDA Food Guide Short Answer Writing

Write short responses to the following facts about the new food guide (*I think... because...*)

1. The new food guide can be best understood from information provided on the mypyramid.gov website

2. The food guide varies according to age and gender

3. The food guide now emphasizes fruits and vegetables over grains

4. The food guide does not include pictures of food

5. Serving sizes are specified (one cup, two ounces, etc.)

6. Americans have been gaining weight since the previous food guide was introduced in 1992

2005 USDA Food Guide
Writing



What do you think of the new food guide? Is it effective? Do you think it will encourage you to eat a more healthy diet? Why or why not? Do you think that it will change how people eat? State your opinion, but be sure to support it with facts (for example, *“The guide will encourage people to exercise, because the graphic of the figure climbing the stairs will clearly remind them of the importance of exercise”*).

if you need more space to write, attach additional pages to this one.

2005 USDA Food Guide Writing 2



The United States has one of the highest obesity rates in the world. Why is that? Do you think that this could be changed? If you were going to try to end obesity in the United States in just two steps, what two steps would you take?

if you need more space to write, attach additional pages to this one.

2005 USDA Food Guide Writing 3



Imagine that you are working for the USDA, evaluating the new food guide before it is released to the public. What would you like about it? What would you suggest that they not use (if anything)? Either make a persuasive case for the new food guide, OR recommend a different food guide, and explain why your recommendation would be better.

if you need more space to write, attach additional pages to this one.

Name _____ Date _____

2005 USDA Food Guide

ANSWERS

Review the Facts

1. b
2. a
3. c
4. a
5. c
6. A. T
B. F
C. F
D. F
E. T
F. F
G. T
H. T