

Rate Your Plate

Go to: www.sp.uconn.edu/%7Ecthomps0/game.html . It is time to Rate Your Plate!

Rate This Plate

Entrée... Cheeseburger
 Side Dish... French Fries
 Side Dish... None
 Beverage... Cola
 Dessert... Brownie



Select the foods above from the drop down menus. Next, **click** on the "**Rate My Plate**" button at the bottom of your screen. Then, choose option 4, **Nutrient Analysis**, to rate this plate. Look at the bottom line of the nutrient analysis table. What is the total amount of nutrients in this meal?


Calories _____ Total fat _____ Calcium _____
 Iron _____ Vitamin A _____ Vitamin C _____

How much do you need each day?

Calories... 2000 Total Fat... 65 g Calcium... 1000 mg
 Iron..... 15 mg Vitamin A... 800 RE Vitamin C... 75 mg

Keep in mind that you have selected a menu for just one meal. You cannot be expected to get all the nutrients that you need from one meal, but you can evaluate what you have eaten so you can see what changes need to be made.

Making Changes for Better Health

Click the  (back) button two times to go back to the cheeseburger meal. How can you make this meal healthier? By making a few changes in your food choices, you can cut back on a lot of fat and calories. You can also increase nutrients like calcium, iron, vitamin A, and vitamin C.

Ways you can make healthier choices:

- Drink 1% milk instead of cola
- For dessert, eat a piece of fruit rather than a brownie
- Try a turkey wrap instead of a cheeseburger
- Eat a baked potato rather than French fries

Change at least two of the foods from the meal, and replace the foods with healthier choices. Write your changes below.

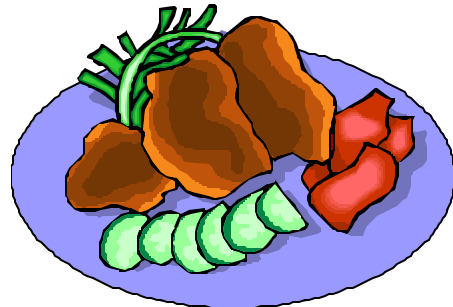
Next, click on the "Rate My Plate" button at the bottom of your screen. Then, choose option 4, Nutrient Analysis, to rate this plate. What is the total amount of nutrients in this meal?

Calories _____ Total fat _____ Calcium _____
Iron _____ Vitamin A _____ Vitamin C _____

Rate Your Own Plate

Now try rating your own plate. Think of ways that you can make healthier food choices.

Which foods would you choose?



Entrée _____ Side Dish _____ Side Dish _____
Beverage _____ Dessert _____

What is the total amount of nutrients in your meal?

Calories _____ Total fat _____ Calcium _____
Iron _____ Vitamin A _____ Vitamin C _____

WIC is an equal opportunity program. If you feel that you have been discriminated against because of race, color, national origin, sex, age, or disability, call the State WIC Office at 1-800-WIC-FOR-U (1-800-942-3678).