

Sack Supper Comparison

Directions: We have been learning about My Plate and the Federal food guidelines. Write under the My Plate Standards the foods from the Sack Supper that meet each guideline. (Example: if soda pop was included in the sack supper, where would you put it on My Plate?)

Sack Supper Contents:

- Small Bag of Carrots
- Two slices of bread
- 2 slices of lunch meat
- 1 slice of cheese
- granola bar
- 100% fruit juice
- small apple

My Plate Standards:

2 servings of vegetables _____

1 serving of fruit _____

2 servings of grains _____

1 serving of dairy _____

1 serving of protein _____

Final Reflection: Does Kids' Food Basket Provide a healthy, well-balanced meal? How do you know? What (if anything) is missing from the Sack Supper that would help meet all of the guidelines for My Plate?

