# My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



# Make half your grains whole

Aim for at least 2 1/2 ounces of whole grains a day



# Vary your veggies

1 1/2 cups

Aim for these amounts each weeks

# Dark green veggies

- 1 oup

#### Red & orange veggies

= 3 cups

#### Beans & peas

= 1/2 cup

#### Starchy veggies

= 3 1/2 cups

#### Other veggies

= 2 1/2 cups

# FRUITS 1 1/2 cups

#### Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice



#### Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products



# Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

#### Find your balance between food and physical activity

Be playsically active for at least 60 minutes each day.

#### Know your limits on fats, sugars, and sodium

Your allowance for oils is 4 teaspoons a day.

Limit Calories from solid fats and added sugars to 120 Calories a day.

Reduce sodium intake to less than 2300 mg a day.

#### Your results are based on a 1400 Calorie pattern.

Namec

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

# **Food Lesson Plan For School Age**

Marcel A. Müller

#### **Food Lesson Plan For School Age:**

Türkiye food literacy strategy and action plan, 2022-2028 Food and Agriculture Organization of the United Nations, 2023-08-08 With a view to expand studies on food literacy and increase their effectiveness the food literacy project began in 2021 Under a technical cooperation framework FAO and the Turkish Government have cooperated and developed the Food Literacy Strategy and Action Plan Being one of the main outputs of the project the the Food Literacy Strategy and Action Plan is aimed to support efforts to improve food literacy in T rkive Nutrition Education Printed Materials and Audiovisuals Shirley King Evans, 1990 Nutrition Education Materials Holly Berry Irving, 1987 Promoting Nutrition Through Education ,1989 Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index **Catalog** Food and Nutrition Information **Resources in Education**,2000-10 Center (U.S.).1974 Nutrition and the Elderly Shirley King Evans, 1990 Shellfish Culture, 1979-1986 Deborah T. Hanfman, 1987 Maternal and Infant Nutrition Education Materials, January 1981 - October 1988 Holly Berry Irving, 1989 Catalog and Yearbook University of Northern Colorado, 1925 Food Service Programs for Children National Agricultural Library (U.S.),1975 Preschool/day Care Nutrition Shirley King Evans, 1989 Quick Bibliography Series ,1976 **Bulletin** United States. Federal Board for Vocational Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Education.1919 Information Center (U.S.).,1976 Host Bibliographic Record for Boundwith Item Barcode 30112069070024 and **Others** ,1917 Year Book Illinois Farmers' Institute. Department of Household Science, 1917 YearBook Illinois Farmers' Institute. Department of Household Science, 1917 Contains the transactions of the annual meeting Futures in Education and Society Gurpinder Singh Lalli, Angela Turner, Marion Rutland, 2023-07-11 This book brings together a unique collection of chapters to facilitate a broad discussion on food education that will stimulate readers to think about key policies recent research curriculum positions and how to engage with key stakeholders about the future of food Food education has gained much attention because the challenges that influence food availability and eating in schools also extend beyond the school gate Accordingly this book establishes evidence based arguments that recognise the many facets of food education and reveal how learning through a future s lens and joined up thinking is critical for shaping intergenerational fairness concerning food futures in education and society This book is distinctive through its multidisciplinary collection of chapters on food education with a particular focus on the Global North with case studies from England Australia the Republic of Ireland the United States of America Canada and Germany With a focus on three key themes and a rigorous food futures framework the book is structured into three sections i food education pedagogy and curriculum ii knowledge and skill diversity associated with food and health learning and iii food education inclusivity culture

and agency Overall this volume extends and challenges current research and theory in the area of food education and food pedagogy and offers insight and tangible benefits for the future development of food education policies and curricula This book will be of great interest to students scholars policymakers and education leaders working on food education and pedagogy food policy health and diet and the sociology of food

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web jan 1 1983 the harper hall of pern is an omnibus edition of the harper hall trilogy including dragonsong dragonsinger and dragondrums it follows the dragonriders of pern trilogy in dragonsong petiron the old harper has died and only menolly the youngest child of sea holder yanus can properly sing the deathsong to honor him