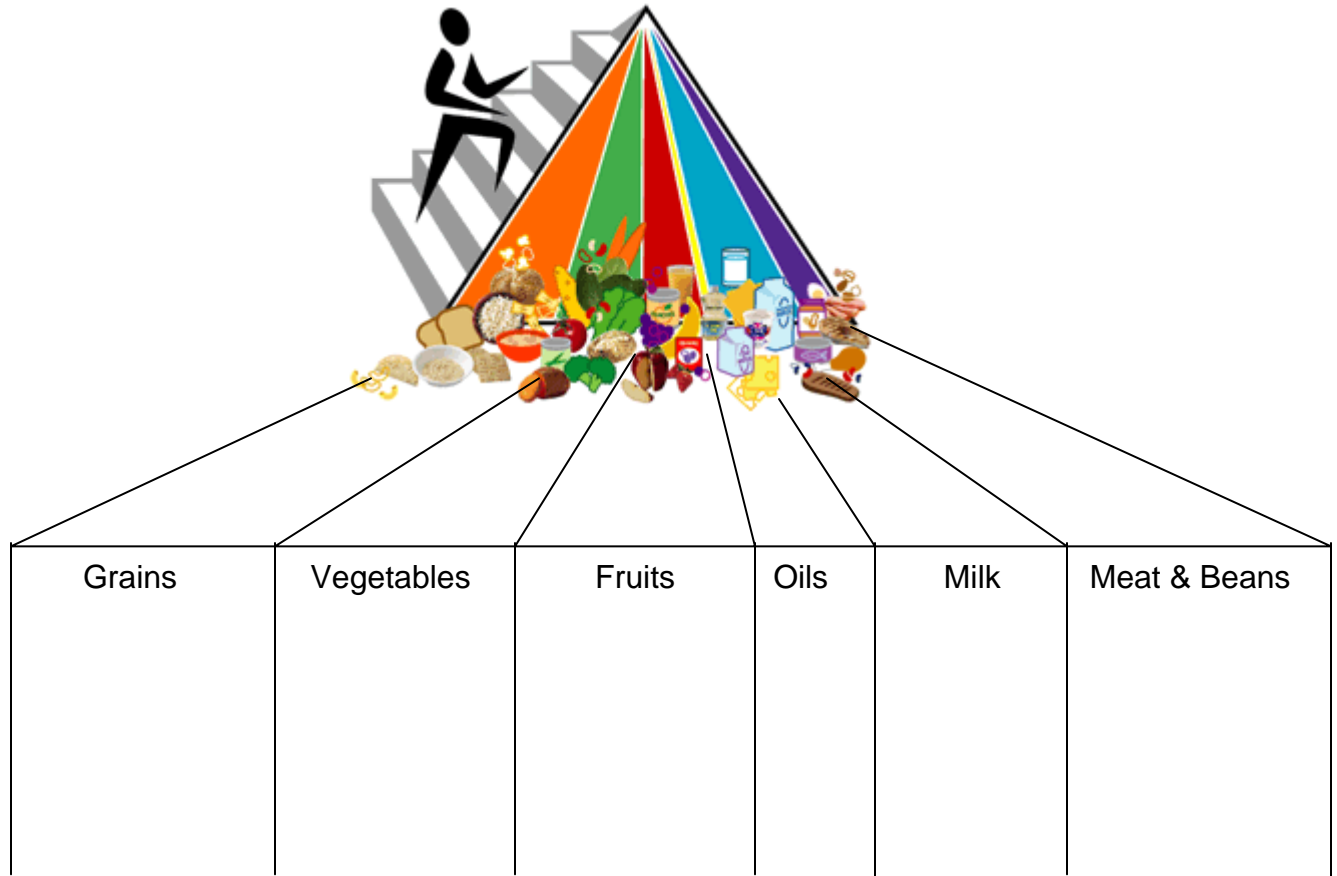


# Jr. Chef Club II

## Healthy Lifestyles with MyPyramid

### Lesson 1

### *MyPyramid for a Healthier Me!*



For each food group above, write in healthy foods that would be good to eat more often. Then pick two of the foods, and write how you plan to eat them more often.

My plan to eat healthy foods more often:

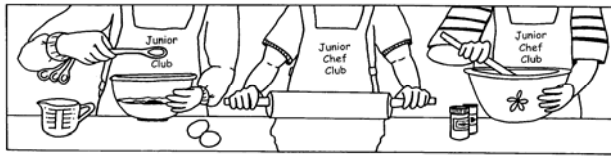
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## Healthy Lifestyles with MyPyramid

### Lesson 1



### **MyPyramid Computer Activity**

1. On the Internet, go to [www.MyPyramid.gov](http://www.MyPyramid.gov). Scroll down and click on “Inside the Pyramid.”
2. Put the cursor over the food group you want to explore.
3. Read the two tips given. Click on “More>” to see more tips and information.
4. Read additional tips at the bottom of the screen, or click on any of the options in the upper right hand box that give more information about the item you are researching, such as which foods equal one cup, health benefits, and so on.
5. Think about information that would be helpful to you or your family. Write it below in your own words.

To me, the most helpful information about this food group is:

Grains

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Vegetables

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Fruits

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Milk

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Meat and  
Beans

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