

MyPyramid.gov

From the homepage:

Click in Spotlights section- *Tour My Pyramid*

- a. Click which type of computer we are using pc/mac
- b. Watch animation about my pyramid.

Click *My Pyramid Plan*

- c. Enter age, sex, weight, height and physical activity level
- d. Press Submit and answer the following:

1- How many whole grains should you eat/day?_____

2- How many teaspoons of oil should you have/day?_____

3- How many minutes of moderate physical activity are recommended most days of the week for an adult?_____

Click on the categories *Tips* and answer the following:

- 1- What counts as an
 - a. Ounce of grains =
 - b. Cup of vegetables =
 - c. Cup of fruit =
 - d. Cup of milk=
 - e. Ounce of meat and beans=

Click on *Home*

Click on *For Professionals* and answer the following:

- 1- List the 9 categories that maybe useful for you to use with your students and write a brief (1-2 sentence) summary on what you may use the category for.
(Use back of Sheet)

Click on *Home*

Click on *Related links* and list 5

- 1-
- 2-
- 3-
- 4-
- 5-

From the homepage:

Click *My Pyramid Tracker*

Under Assessment click *Assess Your Food Intake*

Click where it says, *If you are a new user, please click here to register*

Enter a username and password

Enter your age, gender, height, and weight into the appropriate boxes. For the Date box enter the date of food intake that you are analyzing.

Click on *Proceed to food intake*

Enter what you ate for dinner last night, by typing it into the search box on the left half of the screen

Click type of food that you ate, and then repeat steps 15 and 16 until you have recorded all your foods

Once you have added all your foods, click the *Select Quantity* button on the right half of the screen and select serving size and serving number for each food.

Click *Save and Analyze*

Click on *Meeting 2005 Dietary Guidelines*

Click *Maintain Current Weight*

Click on one ☺ and one ☹ what does it recommend?

☺= _____

☹= _____

Click back x2

Click *Calculate Nutrient Intakes from Food*

1- What was your fiber intake? _____

2- What is the recommended amount? _____

Click back

Click *Calculate My Pyramid Stats*

1- What was your best food group?_____

Click back

Click on *Physical Activity Entry*

Click *Standard Option*

Select *Activity Type* and Click *Select* (If you need something more specific enter it in term search and click search)

Select *Activity* from box and click *Add Activity*

After you have added your entire activity click *Select Duration*. Enter duration in minutes

Once you have added the duration of each activity click *Save and Analyze*

Click *Analyze*

Click *Calculate your Physical Activity Score*

1- What was your physical activity assessment score?_____

Click *Calculate Physical Activity History*

1- What are your options to view your history?

From the homepage:

Click *For Kids*

1- List the 7 categories that maybe useful for you to use with your students and write a brief (1-2 sentence) summary on what you may use the category for.
(Use back of Sheet)

Click *My Pyramid Blast Off Game*

Click *Launch Game*

Click *Play Game*

Enter your name, gender and age, click enter

Click *Continue* after reading the rules

Read *How to Launch*

Click *Play the Game*

Drag your foods from the top down into the rocket ship (pyramid), and then click *Add to Your Fuel Tank*. Make sure to enter breakfast, snack, lunch and dinner. Also enter your Physical Activity.

When you are finished click *Blast Off* (bottom right) to see how you did.

After the rocket takes off (or you see black smoke on the screen, Click *Continue to Your Mission Report* (bottom right).

Click *Quick and go back to main screen*

Click *Yes I want to quit this game*

QUESTIONS???