Rate Your Plate

WIC
Rate Your Plate

Go to: www.sp.uconn.edu/%7Ecthompso/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).