Teacher Answer Key

Case Study

1. MyPlate is a proportion tool rather than a checklist, so having a food from most groups on the tray is not the same as having the plate divided correctly. Marcus had grains and protein occupying most of the space that should have been split with fruits and vegetables, so fixing his lunch meant shifting the ratio rather than adding new foods.

2. Potatoes belong to the starchy vegetable subgroup, which supplies potassium and energy but not what the other four subgroups supply. Eating only starchy vegetables misses the vitamin K and folate in dark green vegetables and the beta carotene and vitamin C in red and orange ones, which is exactly why the subgroups exist.

Multiple Choice

1. C

2. D

3. D

Matching

1-B, 2-A, 3-E, 4-C, 5-D

Fill-in-the-Blank

1) pyramid, 2) calcium, 3) 2,300

Short Answer (Sample Responses)

Q1: The pyramid asked people to translate a vertical stack of bands into decisions about a horizontal plate, which almost nobody could do in practice. MyPlate simply draws the plate, so a person can compare a real tray to the picture in a couple of seconds without doing any conversion.

Q2: Multigrain only promises that more than one grain is present, and every one of them can be refined. The ingredient list is the actual test, and a whole grain such as whole wheat flour, brown rice, or oats needs to appear first for the product to be mostly whole grain.

Q3: MyPlate describes a ratio rather than a physical arrangement, so the proportions still hold when foods are mixed together. A burrito can be judged by what fraction of the filling is vegetables, whether the tortilla or rice is whole grain, and whether the protein varies from meal to meal.