



**Reflection Questions:**

Examine the "What's in One Serving" handout and look at your "Yesterday's Food Diary." Then respond to the questions below.

1. Give yourself a grade that reflects how your eating and physical activity habits stacked up against the MyPlate.gov recommendations. Explain your grade.
2. Are there food groups that you failed to eat from?
3. What food groups did you get enough servings in?
4. Did you get the recommended 60 minutes of physical activity yesterday?
5. How many empty-calorie foods/drinks did you have yesterday?
6. What small changes can you make in order to have healthier habits?