Explore the USDA's website on MyPlate, to discover what is best for your body. As you delve into the information, use the MyPlate Activity Guide to help you find the most important information.

1. Compare and contrast the recommended daily servings for each food group. Do you think you get the appropriate amount of each food group every day? Explain.

* Daily amount of fruits:
* Daily amount of vegetables:
* Daily amount of grains:
* Daily amount of proteins:
* Daily amount of dairy:

1. What are the recommended serving sizes for three of your favorite foods?
2. What is one fact that you did not expect to find?