



Your MyPyramid Internet Mission:

What's Your MyPyramid Plan?

1 Check with a parent first (or have a parent join you).

2 Go to www.mypyramid.gov.

3 Click on "MyPyramid Plan."

4 Enter your age, whether you are a boy or girl, weight, height and the minutes of physical activity you get. (If you are 8 years old or younger, you will not have to enter your weight and height.)

5 Click Submit and print your plan or fill in these boxes:

Grains

_____ ounces

Vegetables

_____ cups

Fruits

_____ cups

Milk

_____ cups

Meat and Beans

_____ ounces

How are you doing? Are you eating the recommended fruits and vegetables?

6 Repeat this mission with your parent or caregiver to find his/her plan.

7 Try playing "MyPyramid Blast Off."

For more fun nutrition games, visit www.ndsu.edu/eatsmart. Click on "For Kids."