

Name _____

USDA Recommendation Daily Food Plan Project

Student included foods from the grains group _____ / 2
Student followed the rule for the grains group _____ / 2
Student listed all of the grains in orange _____ / 2
Student had correct amount of grains group _____ / 2
Student had a total for the grains group on summary page _____ / 2
There was a grains portion size / serving size breakdown on summary page _____ / 2

Student included foods from the vegetable group _____ / 2
Student followed the rule for the vegetable group _____ / 2
Student listed all of the vegetables in green _____ / 2
Student had correct amount of vegetable group _____ / 2
Student had a total for the vegetable group on summary page _____ / 2
There was a vegetable portion size / serving size breakdown on summary page _____ / 2

Student included foods from the fruits group _____ / 2
Student followed the rule for the fruits group _____ / 2
Student listed all of the fruits in red _____ / 2
Student had correct amount of fruit group _____ / 2
Student had a total for the fruit group on summary page _____ / 2
There was a fruit portion size / serving size breakdown on summary page _____ / 2

Student included foods from the meat and beans group _____ / 2
Student followed the rule for the meat and beans group _____ / 2
Student listed all of the meat and beans in purple _____ / 2
Student had correct amount of meat and beans group _____ / 2
Student had a total for the m&b group on summary page _____ / 2
There was a m&b portion size / serving size breakdown on summary page _____ / 2

Student included foods from the milk group _____ / 2
Student followed the rule for the milk group _____ / 2
Student listed all of the milk in blue _____ / 2
Student had correct amount of milk group _____ / 2
Student had a total for the milk group on summary page _____ / 2
There was a milk portion size / serving size breakdown on summary page _____ / 2

Student has added an oils item _____ / 2
Oils item is listed in yellow _____ / 2
Oils item is an UNSATURATED oil _____ / 2

Student had an 'extra calorie' item _____ / 2
Student followed the limit for the extra calorie item _____ / 2

Total for Project _____ / 70