**Notes: Recommended Daily Servings (pg 94-97)**

1. Vocabulary: Calorie is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many calories do teens need?
3. List Influence on Food Choices
4. What are the food groups?

Discuss MyPlate

Read page 99- Breakfast Starts Your Day

* 1. What happens to students who eat breakfast?
  2. What can you eat if you are short on time?
  3. Make a list of some healthful breakfast that you could eat “on the go’?

Standards 1.2, 1.7, 1.12