

**Section 8-3**

# **Note Taking Guide**

## **Guidelines for Healthful Eating** (pp. 210–214)

### **The Dietary Guidelines**

1. List four actions that the *Dietary Guidelines* recommend.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

### **The “MyPyramid Plan”**

2. Complete the outline by adding important details about the MyPyramid plan.

I. The MyPyramid plan

\_\_\_\_\_  
\_\_\_\_\_

A. The colored bands

\_\_\_\_\_  
\_\_\_\_\_

B. The stair steps

\_\_\_\_\_  
\_\_\_\_\_

C. Creating your own MyPyramid plan

\_\_\_\_\_  
\_\_\_\_\_

### Section 8-3: Note Taking Guide *(continued)*

#### Using the Food Guidelines

3. Complete the graphic organizer about the *Dietary Guidelines* and the MyPyramid plan.

