

5-2

Picking Your Plate!

In Task 5-1, you learned about a variety of dishes from around the world and in your community. Every day, people in different places are making decisions about what they put on their plate. In Part 3 the team also learned about the different recommendations and food groups you can put on your plate to meet daily nutritional requirements. It is helpful to start thinking about all of these things as you access, cook, and build your meals throughout the day in your home or community.


Objective



In this task, the team will play the game *Pick Your Plate!*. In this game, you will virtually travel to different countries to create three meals that require you to think about how to put together daily meals in different countries and on various budgets.

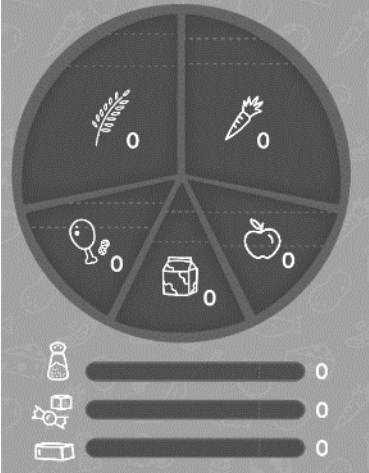
In this task, the team will be focusing on the following questions from the question map:

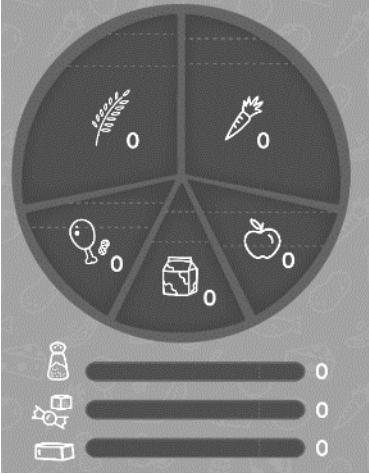
- How do local and global ingredients and recipes compare to meet dietary needs?
- What are different food and diets people eat to meet their daily needs?
- What are the different nutritional guidelines and how are they used locally and globally?

1. Go to the Task 5-2 folder and get the *Pick Your Plate! Data Table*. 
2. Access the *Pick Your Plate!* game at <https://ssec.si.edu/pick-your-plate>.
3. The data table has two trials for each country in the game. Use the data table during game play to collect the results of trial one for each country in the game.
4. After all teams have completed trial one for each country, stop for discussion and analysis.
 - Based on the data you collected during trial one, what changes would you make during trial two to get a higher medal in the game?
5. Play trial two of each country. Compare and contrast your results among teams.
6. Discuss how the *Pick Your Plate!* game could be useful when thinking about the problem question, **How do we ensure good nutrition for all?**

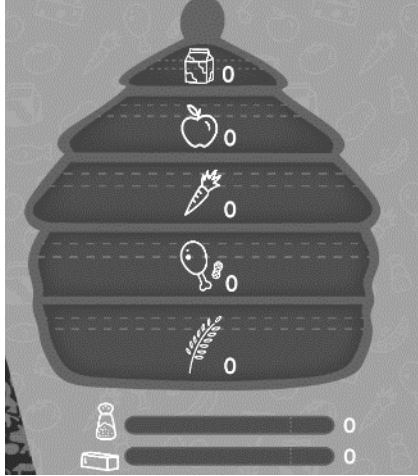


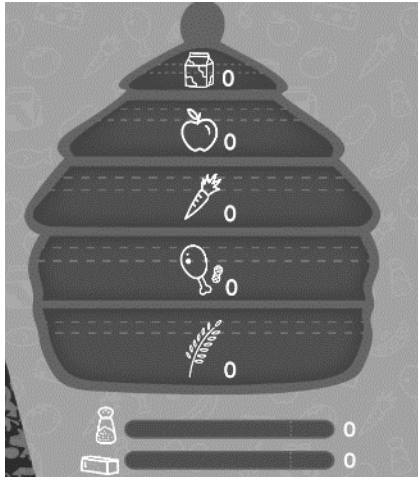
Task 5-2. Pick Your Plate! Data Table

TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	Australia	Morning			
		Midday			
		Evening			

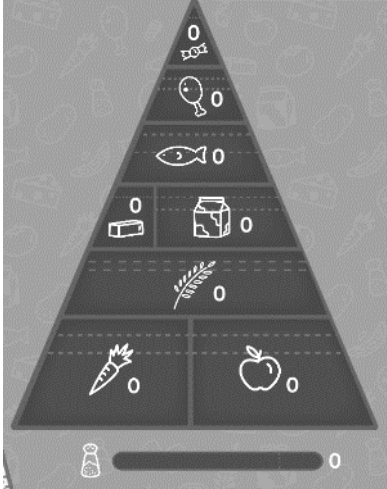
TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
Two	Australia	Morning			
		Midday			
		Evening			

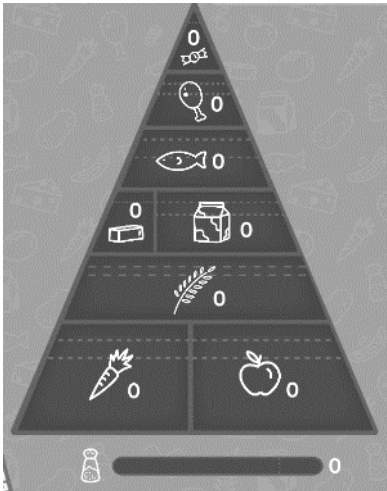


TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	Benin	Morning			
		Midday			
		Evening			

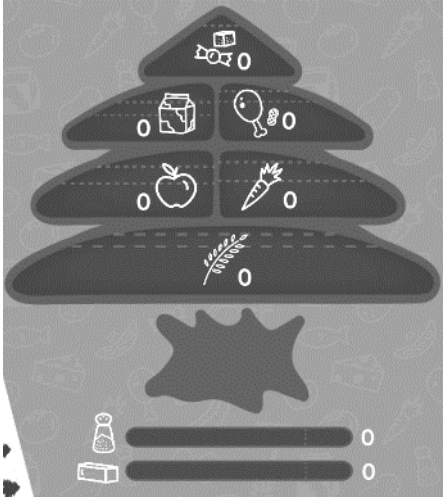
TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
Two	Benin	Morning			
		Midday			
		Evening			

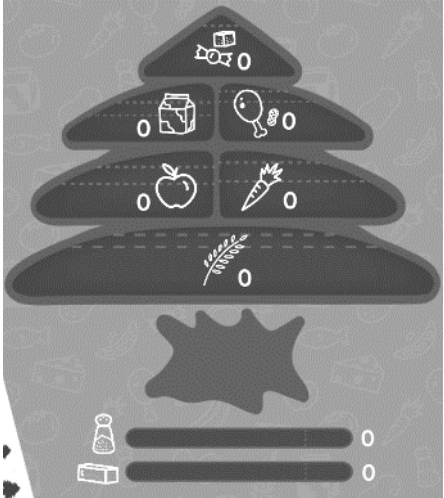


TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	Finland	Morning			
		Midday			
		Evening			

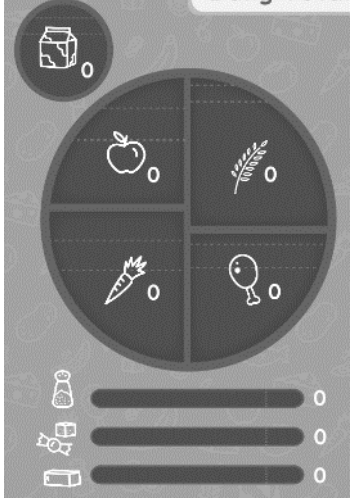
TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
Two	Finland	Morning			
		Midday			
		Evening			

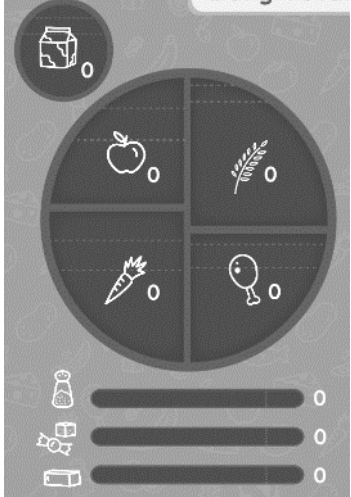


TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	Lebanon	Morning			
		Midday			
		Evening			

TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
Two	Lebanon	Morning			
		Midday			
		Evening			



TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	United States of America	Morning			
		Midday			
		Evening			

TRIAL	COUNTRY	MEALS	TOTAL MEAL PRICE	DAILY TOTALS (FILL IN)	MEDAL
One	United States of America	Morning			
		Midday			
		Evening			

