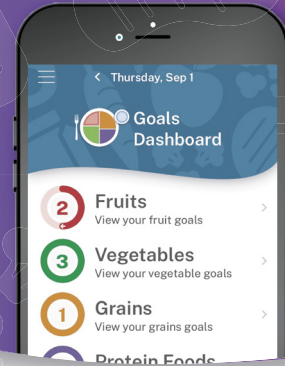# Start Simple with MyPlate

SCAVENGER HUNT WORKSHEET

Instructions

Download the Start Simple with MyPlate mobile app brought to you by the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion. Use the app to pick daily food group goals, track your real-time progress, get simple tips, and earn badges along the way—all with the goal of creating healthy habits. Complete the five activities below (activity 6 is optional), using the Start Simple with MyPlate app and fill out the answers. Share the scavenger hunt with your friends, family, and colleagues!

1. **On the dashboard screen, click on any food group to view and select food group goals.**

How many goals are listed for each food group?

☐ 4   ☐ 7   ☐ 8   ☐ 10

How many goals can you select from each food group?

☐ 1   ☐ 2   ☐ 3   ☐ 4

Select goals from two MyPlate food groups. Which food groups did you choose (Fruits, Vegetables, Grains, Protein Foods, or Dairy)?

a. _____   b. _____

How many goals did you select from each food group? *(Note: You can edit your food group goals at any time or select the "Pick for me" option to have one food group goal selected from each MyPlate food group.)*

Food Group: _____   Goal Selected: ☐ 1   ☐ 2   ☐ 3

Food Group: _____   Goal Selected: ☐ 1   ☐ 2   ☐ 3
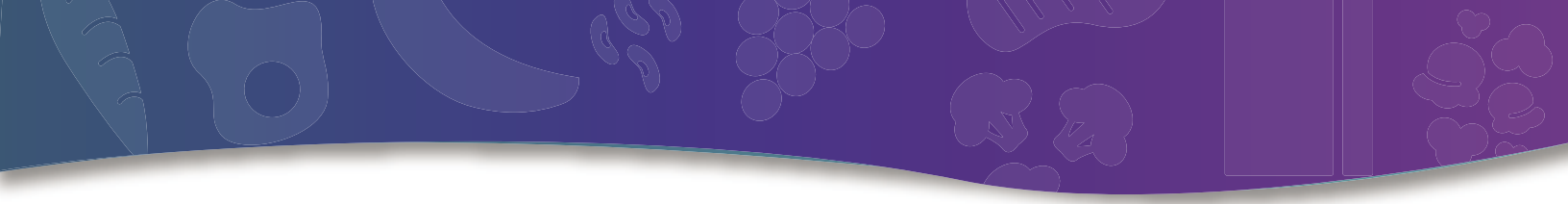
2. **View simple tips for your food group goals by clicking on the lightbulb icon next to your food group goals. Select a food group goal and swipe through the three sample tips.**

Which food group goal did you view tips for?

_____

Write down the three tips for that food group goal:

a. _____

b. _____

c. _____

3. **Visit the Badges page. On this page, you will see what badges you can earn for completing your food group goals. (Note: You can earn some of the badges multiple times.)**

Click on three of the grayed-out badges (include at least one food group badge) to learn how to earn that badge. Write down the badge name and how to earn that badge.

a. Badge Name: _____

    How to earn: _____

b. Badge Name: _____

    How to earn: _____

c. Badge Name: _____

    How to earn: _____

4. **Go back to the Goals Dashboard page. Check off one or more of your MyPlate food group goals as you complete them.**

Did you recieve a badge? ☐ Yes ☐ No

If you did receive a badge, what is the name of the badge you received?
(Note: If you answered No above, skip this question.)

_____

Did you complete all your daily food group goals?

☐ Yes

☐ Not yet, but I have completed _____ out of _____ food group goals set

5. **Visit the MyPlate 101 section on the app.**

List one thing you learned from each MyPlate food group:

Fruits: _____

_____

Vegetables: _____

_____

Grains: _____

_____

Protein Foods: _____

_____

Dairy: _____

_____

6. **OPTIONAL: In the main menu, click on Log in or Register. Complete the registration section to sign up for a Start Simple with MyPlate account.**

Check all that apply:

☐ I'm not interested in registering an account at this time.

☐ I registered for an account.

☐ I already have a Start Simple with MyPlate account.

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