

SuperTracker Scavenger Hunt

www.SuperTracker.usda.gov

Instructions:

1. Check out SuperTracker, a free, interactive diet and activity tracking tool from USDA's Center for Nutrition Policy and Promotion: www.SuperTracker.usda.gov.
2. Using SuperTracker, complete the five activities (activity six is optional), and fill out the answers.
3. Share the scavenger hunt with your friends, family and colleagues to introduce them to SuperTracker!



The screenshot shows the SuperTracker website interface. At the top, there is a green header with the "SuperTracker" logo and the USDA logo (United States Department of Agriculture). Below the header is a navigation bar with links: Home, Food-A-Pedia, My Plan, Track Food & Activity, My Reports, My Features, and buttons for CREATE PROFILE > and LOG IN >. The main content area features a large graphic of a MyPlate divided into Fruits, Grains, Vegetables, Protein, and Dairy, with a fork and knife icon and the text "Choose MyPlate.gov". To the right of this graphic is the heading "SuperTracker: My foods. My fitness. My health." followed by three bullet points: "Get your personalized nutrition and physical activity plan.", "Track your foods and physical activities to see how they stack up.", and "Get tips and support to help you make healthier choices and plan ahead." Below this are six interactive cards: "Food-A-Pedia >" (Look up nutrition info for over 8,000 foods and compare foods side-by-side), "Food Tracker >" (Track the foods you eat and compare to your nutrition targets), "Physical Activity Tracker >" (Enter your activities and track progress as you move), "My Weight Manager >" (Get weight management guidance; enter your weight and track progress over time), "My Top 5 Goals >" (Choose up to 5 personal goals; sign up for tips and support from your virtual coach), and "My Reports >" (Use reports to see how you are meeting goals and view your trends over time). On the right side of the interface, there is a "Get Started >" section with the text "Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you." and a "Create Your Profile" button. Below this is the text "Or, use the general plan." and an image of a family (a man, a woman, and a child) sitting at a table with food.

1. Pick your two favorite snacks. Using SuperTracker's *Food-A-Pedia*, run a side-by-side comparison. Write down which snacks you compared, and the amount of Calories in each.

Snack 1: _____ has _____ Calories

Snack 2: _____ has _____ Calories

2. What did you have for breakfast? Use SuperTracker's *Food Tracker* to enter the foods and beverages you had this morning. Of the five food groups - Grains, Vegetables, Fruits, Dairy, Protein Foods - how many did you incorporate into your morning meal?

Circle one: 1 2 3 4 5

3. According to the *Physical Activity Tracker*, what is the minimum number of minutes a week adults should perform to maintain a healthy weight and receive health benefits?

_____ minutes

4. Visit the *My Reports section*. How many reports does SuperTracker offer?

_____ reports

5. Under the *My Features* navigation, what types of personalized support are available in SuperTracker?

Circle one: A. Goal setting
 B. Weight management
 C. Journaling
 D. All of the above

6. **OPTIONAL:** Go to the *Create Profile* page, and complete the personalization and/or registration section to get a personalized plan and/or sign up for a SuperTracker account.

Circle all that apply: A. I personalized a profile.
 B. I registered a profile.
 C. I already have a SuperTracker account!

