

## SuperTracker Scavenger Hunt

<https://www.SuperTracker.usda.gov>

### Instructions:

Check out SuperTracker, a free, interactive diet and activity tracking tool from USDA's Center for Nutrition Policy and Promotion:

<https://www.SuperTracker.usda.gov>. Using SuperTracker, complete the five activities (activity six is optional), and fill out the answers. Share the scavenger hunt with your friends, family and colleagues to introduce them to SuperTracker!

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, how many did you incorporate into your morning meal?

Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

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?

Check 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.

Check all that apply:

- A. I personalized a profile.
- B. I registered a profile.
- C. I already have a SuperTracker account!

