

## SuperTracker Scavenger Hunt

[www.SuperTracker.usda.gov](http://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](http://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. Below the header is a navigation bar with links for Home, Food-A-Pedia, My Plan, Track Food & Activity, My Reports, and My Features. A "CREATE PROFILE" and "LOGIN" button is also visible. The main content area features a "Choose MyPlate.gov" graphic on the left, which is a circular diagram divided into sections for Fruits, Grains, Dairy, Vegetables, and Protein. To the right of the 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 is a "Get Started" section with a "Create Your Profile" button and the text "Or, use the general plan." The bottom section contains six interactive cards: "Food-A-Pedia" (nutrition info for 8,000 foods), "Food Tracker" (track foods and compare to targets), "Physical Activity Tracker" (enter activities and track progress), "My Weight Manager" (weight management guidance), "My Top 5 Goals" (choose goals and get tips), and "My Reports" (use reports to see progress over time). Each card includes a brief description, a search input field, and a "Go" button.

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!

