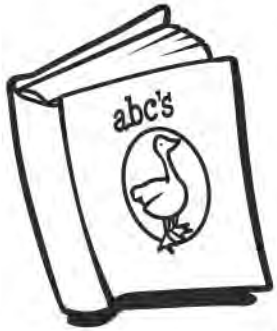
Food Match Up

NAME: _____

INSTRUCTIONS:
1. Place a different Food Group Sticker in each triangle.
2. Cross out non-food items with a crayon.
3. Draw a line from the food pictures to the matching Food Group Stickers.
4. Color pictures.



STICKER

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STICKER

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Food Match Up

Take Home Tidbits for Parents

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide the over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 4-6 year olds*	One cup or ounce equals:
Dairy Group	2-3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	3-5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	1½ cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	1½ cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	4-5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for boys and girls ages 4-6 years old getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Tasting New Foods

Introducing new foods to your child can be a trying experience. Children this age will often refuse to taste new foods but with patience they can overcome this. When introducing a new food keep the portion size small – just a couple bites - and never force them to try it. Children are easily influenced by what they see. Let them watch you eat a new food and then offer it to them again in a non-meal setting like a snack. It may take several exposures to a new food for your child to accept and enjoy a new food. Be patient – learning to like new foods takes time.

Go to **ChooseMyPlate**.gov to find a personalized eating plan

Visit the Washington State Dairy Council website
www.**EatSmart**.org
to order the FIVE FOOD GROUP STICKERS and other nutrition materials.

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Nutrition Fun-Family Food Tasting

Mark the boxes of the foods that you and your child have tasted.
Describe with them the tastes of these foods.
Together come up with other new foods to try.

☐ Swiss Cheese

☐ Yogurt

☐ Bagel

☐ Hard Cooked Egg

☐ Watermelon

☐ Snow Peas

Meet the Five Food Groups

NAME: _____

INSTRUCTIONS:
1. As a group, identify the food pictures and five triangles.
2. Ask students to match the Five Food Group Stickers to the food triangles and place the stickers on the matching food triangle.
3. Have the children find the foods in each section that match the pictures on the sticker and circle the foods in the columns.

DAIRY GROUP	PROTEIN FOOD GROUP	VEGETABLE GROUP	FRUIT GROUP	GRAIN GROUP

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Meet the Five Food Groups

Take Home Tidbits for Parents

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide the over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 4-6 year olds*	One cup or ounce equals:
Dairy Group	2-3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	3-5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	1½ cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	1½ cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	4-5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for boys and girls ages 4-6 years old getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Make Mealtime Enjoyable

Mealtime with young children can often be a stressful time of day. The following tips can help to create a peaceful and enjoyable meal for everyone.

- Engage your children in quiet activities before mealtime such as puzzles or reading. Turn off the TV and play soft soothing music to create a calm environment.
- Avoid snacks right before meals. If your child is hungry, give him a small glass of milk or a piece of fruit.
- Reward good manners and behavior. Create positive and uplifting conversation.
- Make sure you serve something your child likes to eat. It is Ok if she does not like everything you serve - do not indulge fussiness. Children often prefer raw over cooked vegetables and simple foods instead of mixed food items.

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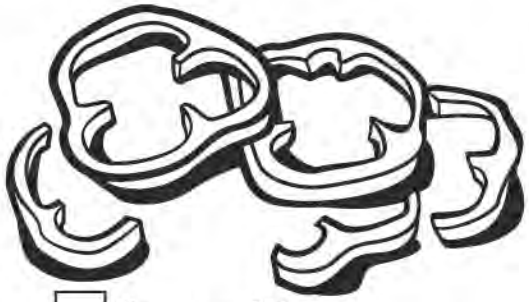
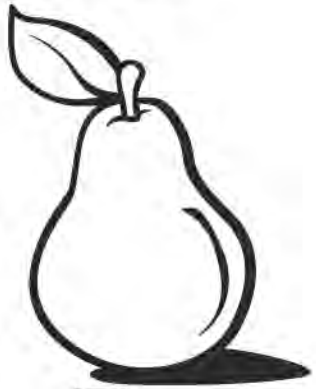
Nutrition Fun - Family Food Tasting

Mark the boxes of the foods that you and your child have tasted.
Describe with them the tastes of these foods.
Together come up with other new foods to try.



☐ Pepper Slices



☐ Pear

☐ Tortillas

☐ Refried Beans

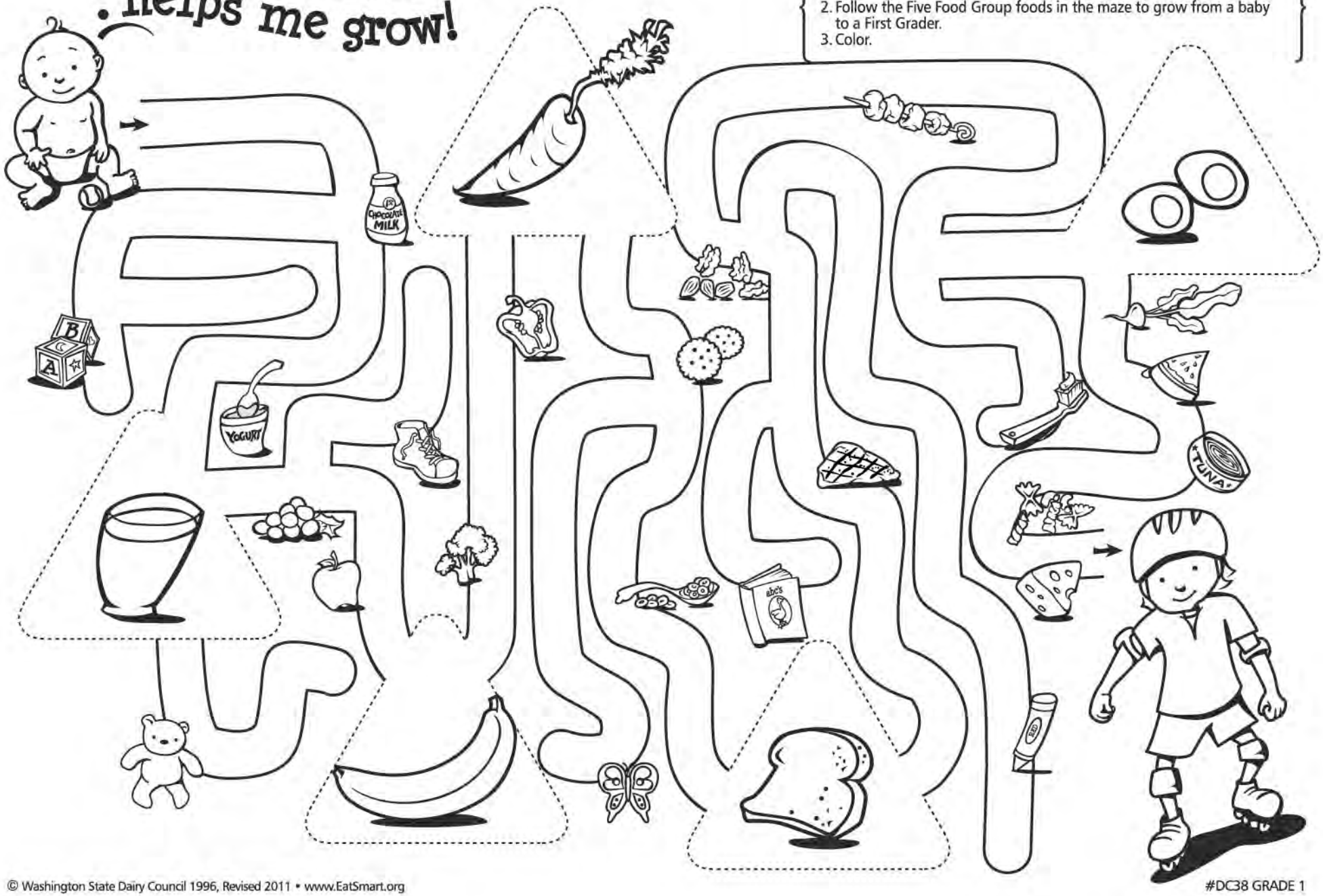
☐ Chocolate Milk

☐ Swiss Cheese

Nutrition In Me... helps me grow!

NAME: _____

INSTRUCTIONS:
1. Place the sticker on the triangle with a matching sticker food.
2. Follow the Five Food Group foods in the maze to grow from a baby to a First Grader.
3. Color.



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Nutrition In Me... helps me grow!

Take Home Tidbits for Parents

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide the over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 6 year olds*	One cup or ounce equals:
Dairy Group	2½-3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	4-5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	1½-2 cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	1½ cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for 6 year old boys and girls getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Make Fruits and Vegetables Fun!

One nutrition goal for children and adults is to eat more fruits and vegetables every day. The earlier in life we establish nutritious eating habits the better! You can make eating fruits and vegetables fun by getting your children involved in the planning and preparation.

- Plant a garden together - let your child pick the seeds or plants and assist in the planting, caring and harvesting.
- Shop together at the grocery store - let them pick out the produce.
- Be a healthy role model. Try to eat 6 - 10 servings of fruits and vegetables each day.
- Let your children help in the kitchen - they are more likely to eat food they prepare. Assist them with making fruit smoothies in the blender or "bugs on a log" with peanut butter on celery, cucumber or pepper strips topped with dried fruit.

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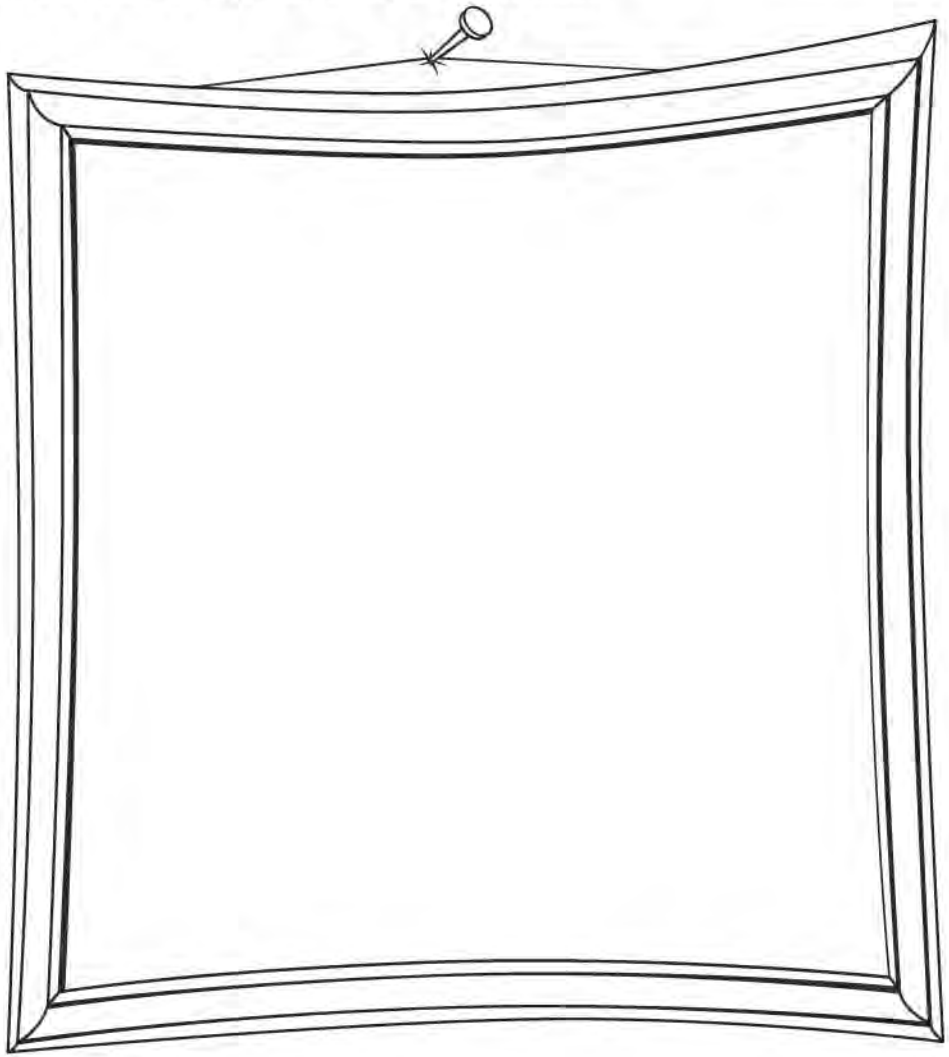
Nutrition Fun - My Favorite Food

Draw a picture of yourself eating a favorite food.



My favorite food is:

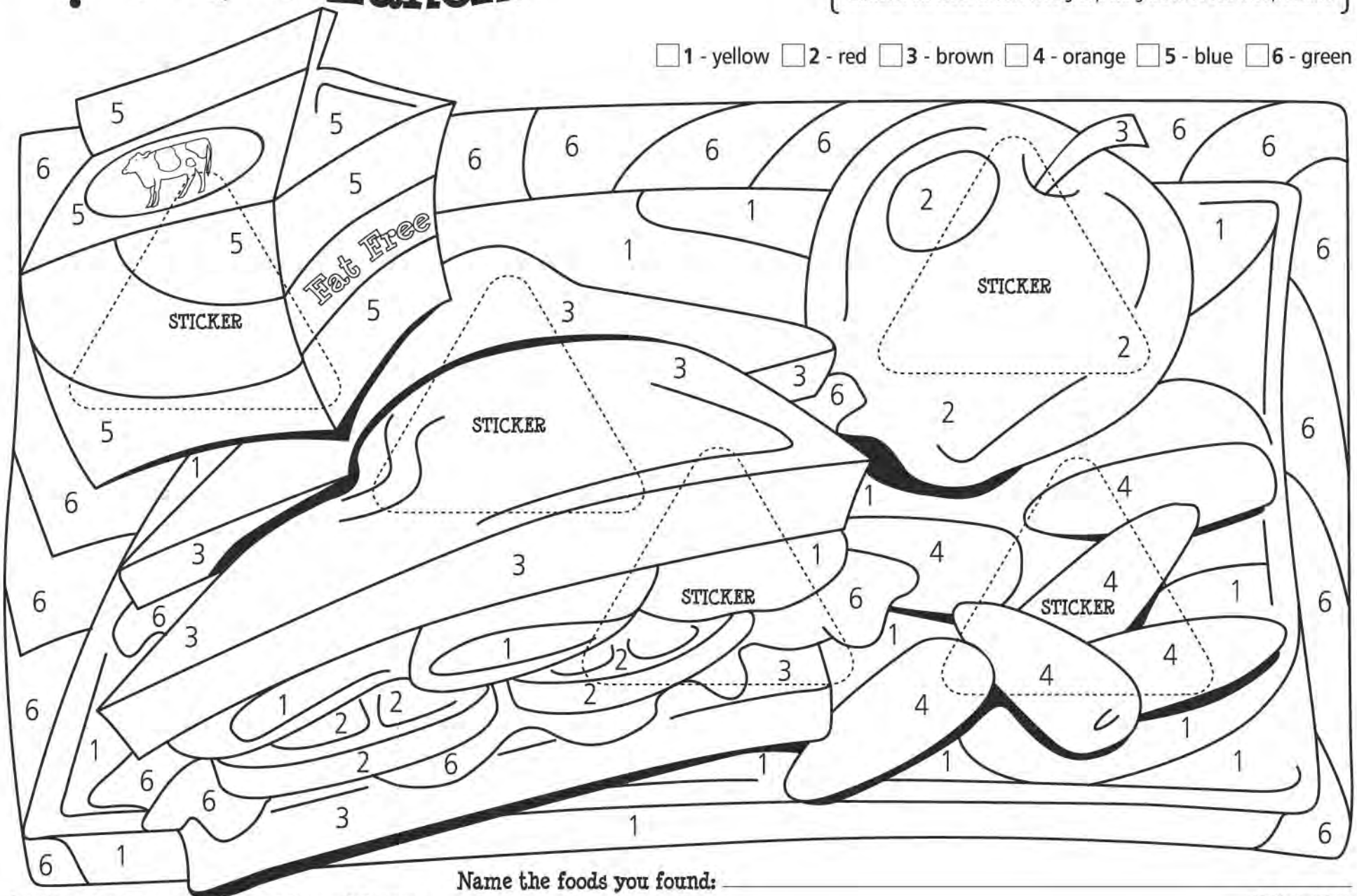
My favorite meal is:

What's for Lunch?

NAME: _____

INSTRUCTIONS:
1. Color the picture to find the hidden foods using the color code.
2. Match the foods to each food group using the Five Food Group stickers.

☐ **1** - yellow ☐ **2** - red ☐ **3** - brown ☐ **4** - orange ☐ **5** - blue ☐ **6** - green



Name the foods you found: _____

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What's for Lunch?

Take Home Tidbits for Parents

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 6 year olds*	One cup or ounce equals:
Dairy Group	2½-3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	4-5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	1½-2 cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	1½ cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for 6 year old boys and girls getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Family Meals

Eating together as a family is one of the most important things you can do for your child. Studies show children that eat meals as a family are healthier, happier and do better in school.

Busy families can't always be together at mealtime, but if you start now in making family meals a priority, you will reap the benefits for years to come.

- Positive mealtimes help set family values and traditions and make a child feel safe, secure and loved.
- Eating meals at home are more likely to provide nutritious foods and helps prevent weight problems in children.
- Eating together at home saves time and helps your food dollars go farther.
- Kids like eating with their families - even as teenagers!

Go to **ChooseMyPlate**.gov to find a personalized eating plan

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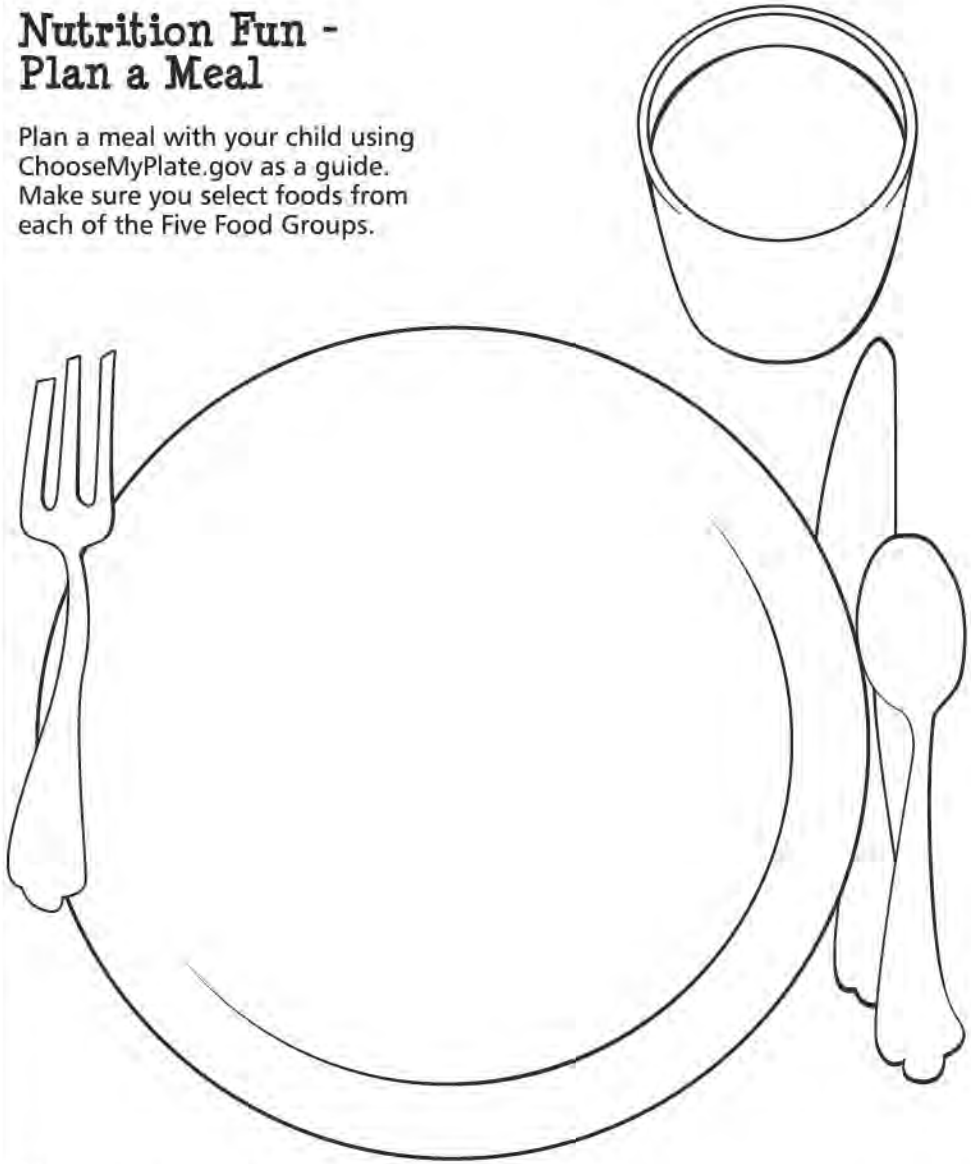
Nutrition Fun - Plan a Meal

Plan a meal with your child using ChooseMyPlate.gov as a guide. Make sure you select foods from each of the Five Food Groups.



My favorite meal is:

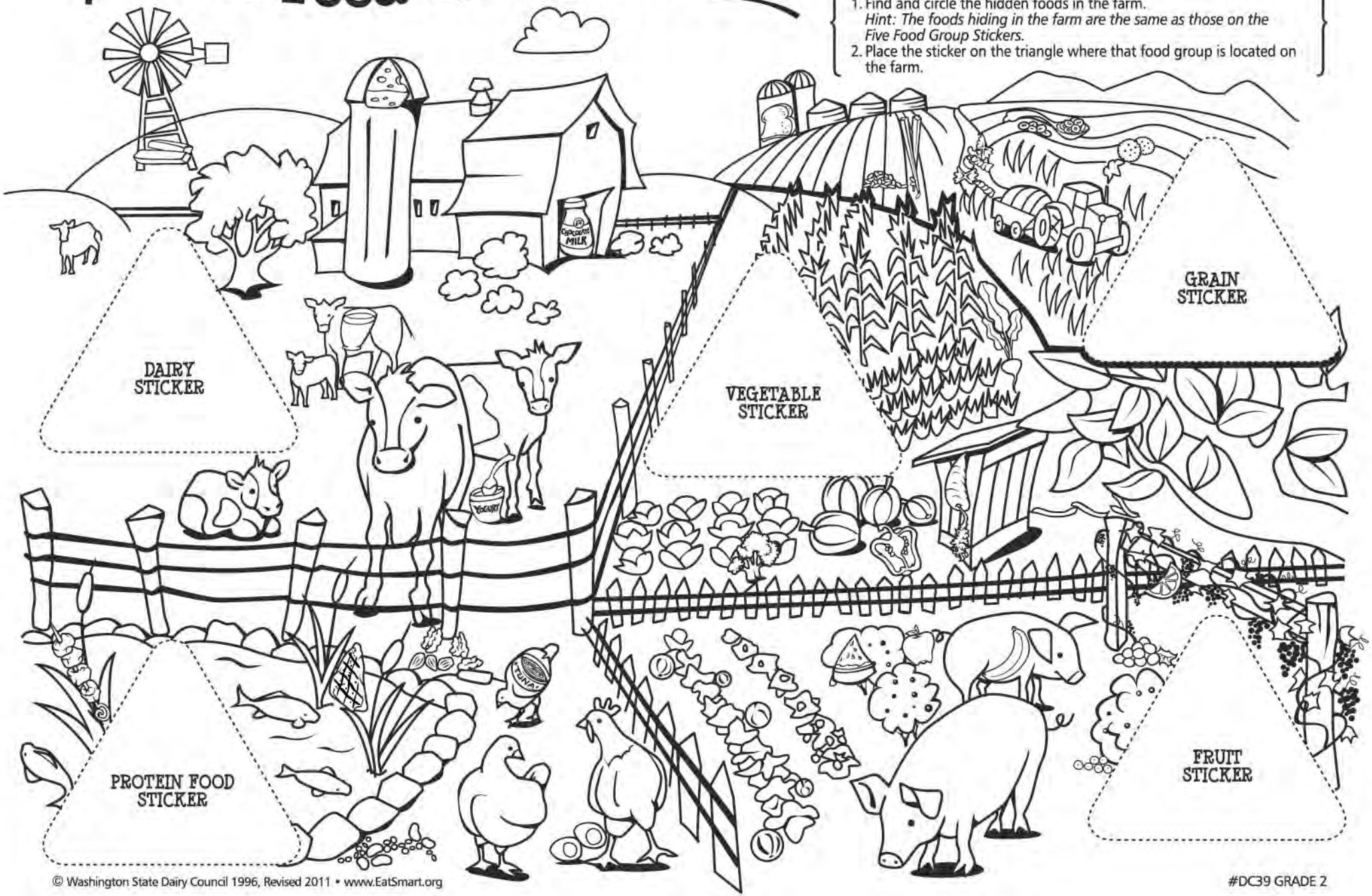
My favorite food is:

The Five Food Groups Farm

NAME: _____

INSTRUCTIONS:

1. Find and circle the hidden foods in the farm.
   Hint: The foods hiding in the farm are the same as those on the Five Food Group Stickers.
2. Place the sticker on the triangle where that food group is located on the farm.



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County Fair

NAME: _____

INSTRUCTIONS:
1. Solve the puzzles in each group.
2. Using the answers from the food puzzles, identify the food group using the Five Food Group Stickers.

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+ =

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+ T =

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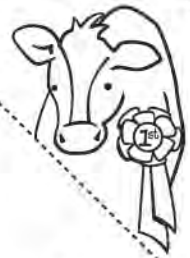

STICKER

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+ N =

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STICKER

R + =

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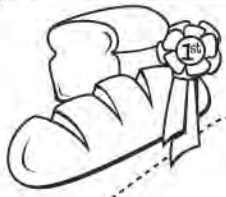


STICKER

+ ROT =

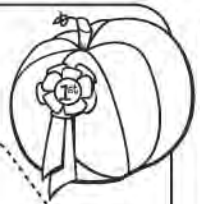
_____

+ A + =

_____

+ N's =

_____



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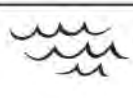
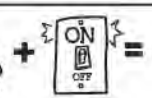
 +

+ 

=

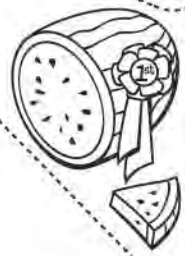
_____

+ + EEE's =

_____

+ + G =

_____



STICKER

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County Fair

Take Home Tidbits for Parents

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 7 year olds*	One cup or ounce equals:
Dairy Group	3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	2 cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	1½ cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for 7 year old boys and girls getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Mix it Up!!

"Variety is the spice of life" and that is very true when it comes to meal planning. You can keep your family excited about mealtime by adding variety to the menu and food choices. The more variety of foods you eat from each food group, the more nutrients you will be eating. So mix it up with these ideas:

1. Serve breakfast for dinner - waffles and fruit or an egg and vegetable scramble are easy to make. Have everyone wear pajamas to dinner.
2. Make an ethnic themed meal for a change of pace. Mexican, Japanese, Ethiopian, or German - pick a country and have some fun!
3. Choose new and unusual fruits and vegetable at the supermarket for your family to try. Have the kids help you with the selection.

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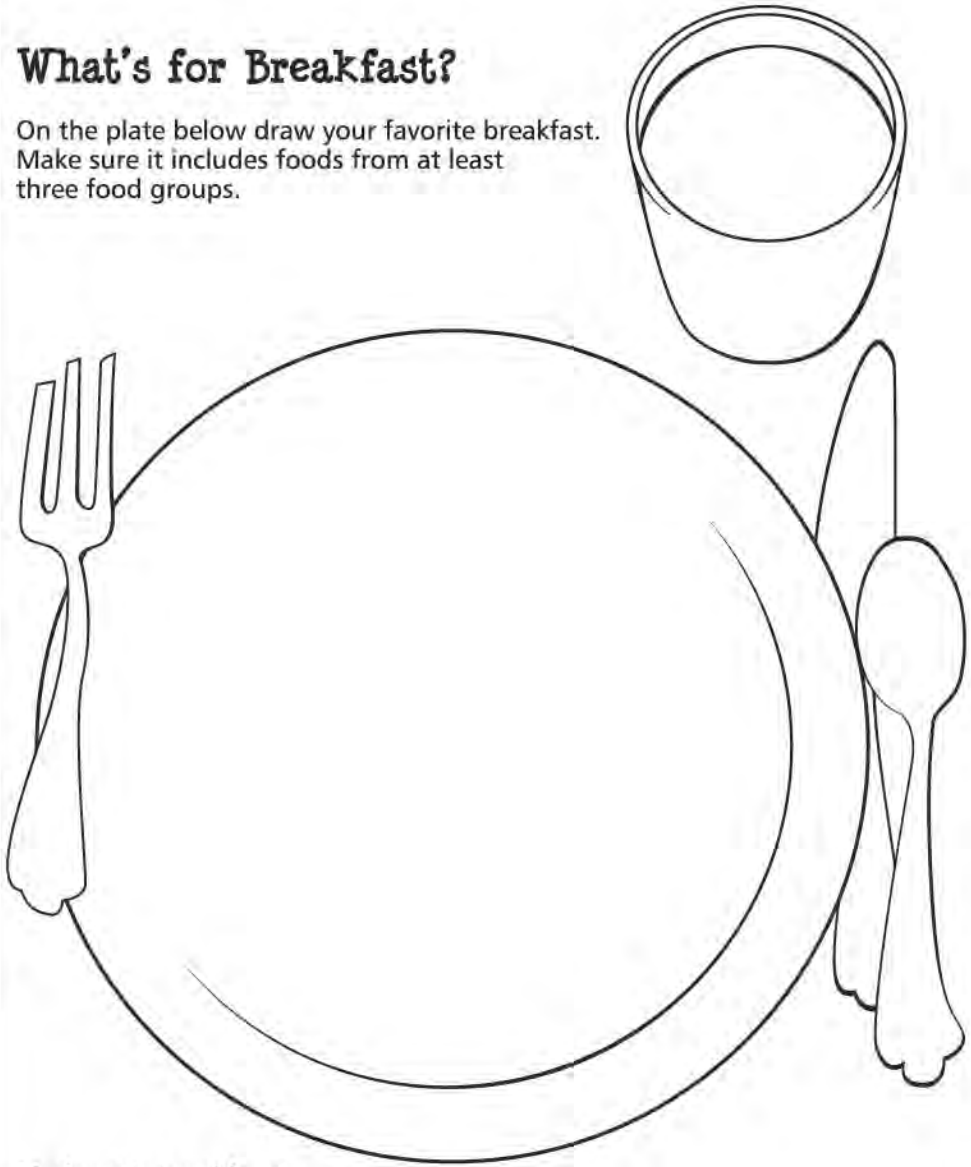
What's for Breakfast?

On the plate below draw your favorite breakfast. Make sure it includes foods from at least three food groups.



My favorite breakfast is:

My breakfast includes the following food groups:

The Five Food Groups Farm

Take Home Tidbits for Parents

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Grain Group	5 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

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Healthy Snack Ideas

Growing children need snacks to ensure they get all the energy and nutrients they require to grow, learn and play. Making snacks nutritious and tasty is easy with a little planning. Keep on hand "nutrient rich foods" from each of the food groups and make them available for your children to serve themselves.

Dairy: cheese sticks or cubes, yogurt for dipping and smoothies, low fat puddings
Protein Foods: unsalted nuts, bean dip or hummus to dip or spread, peanut butter, pre-sliced lunch meats
Vegetables: raw veggies like baby carrots, celery sticks, jicama or pepper slices
Fruits: apple or orange slices, banana wedges, dried fruit, frozen berries
Grains: popcorn, dry cereal, crackers, pita bread, English muffins

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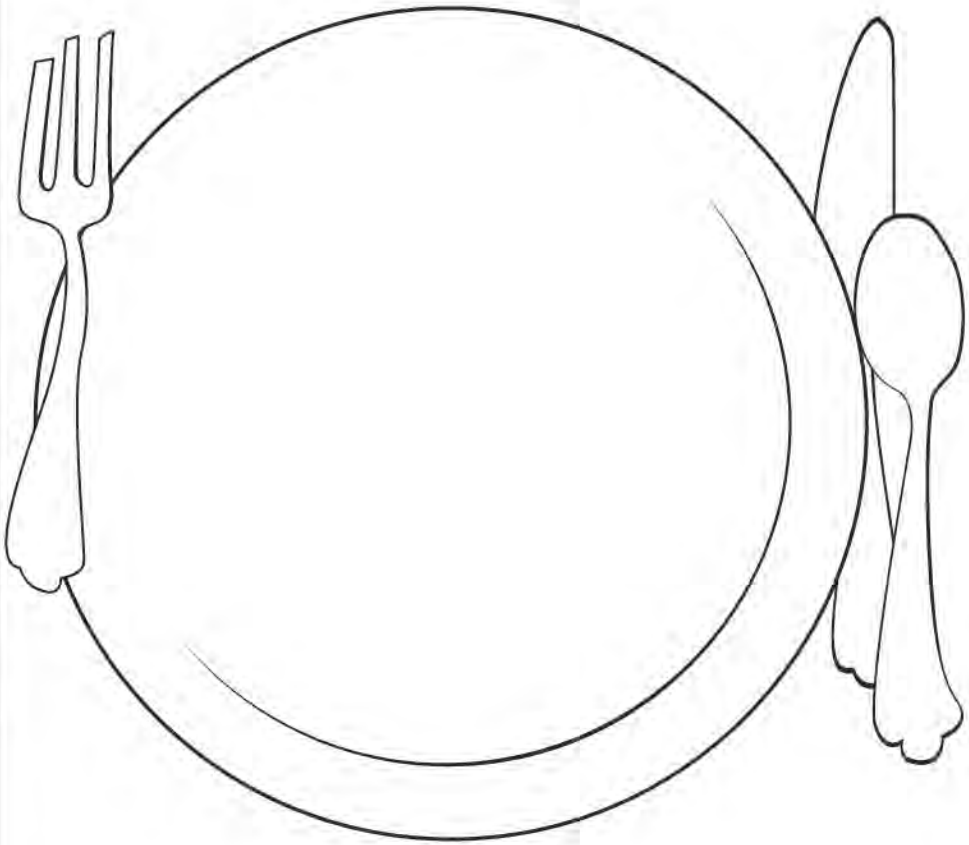
Savory Smart Snacks with Taste!

On the plate below draw your favorite snack. Make sure it includes foods from at least three food groups.



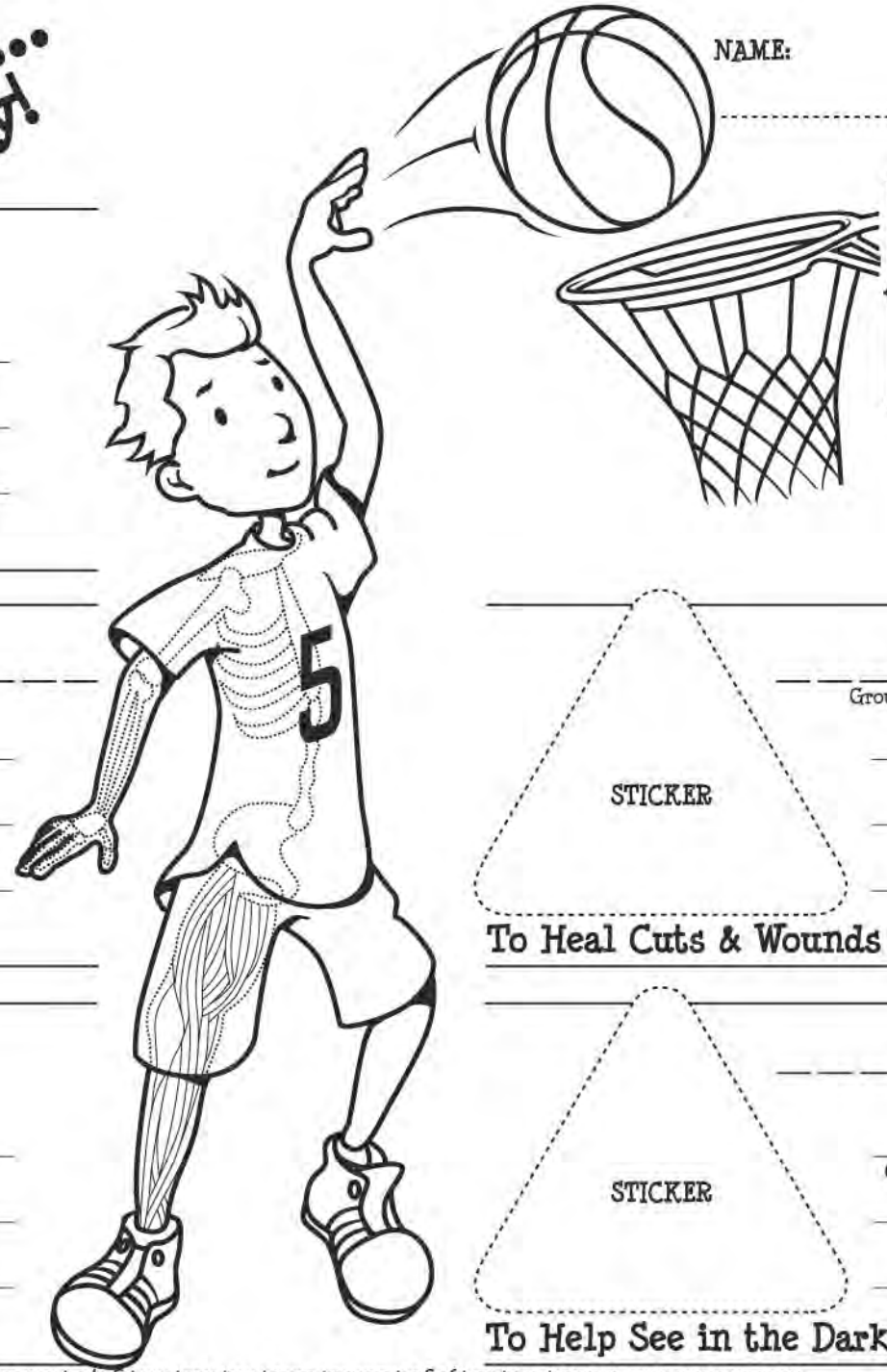
My favorite snack is:

My snack includes the following food groups:

Nutrition In Me... keeps me healthy!

NAME: _____

INSTRUCTIONS:
1. Unscramble the letters and name the foods in each food group.
2. Fill in the blanks to name the Five Food Groups.
3. Place a Five Food Group sticker on the correct triangle.



STICKER

_ _ _ _ _ _ Group

T O G R U Y

C E E E S H

K I M L

For Strong Bones & Teeth

STICKER

_ _ _ _ _ _ _ _ Group

T S N U

I S F H

F B E E

To Grow & Build Strong Muscles

STICKER

_ _ _ _ _ Group

R A O G N E

A N A B A N

S G P A R E

To Heal Cuts & Wounds

STICKER

_ _ _ _ _ _ Group

C R I E

D A R E B

T A S O

For Energy to Work & Play

STICKER

_ _ _ _ _ _ _ _ _ Group

O C O B L I R C

R R T A C O

T L T U E E C

To Help See in the Dark

Word scramble hints: broccoli, oats, fish, yogurt, banana, carrot, rice, nuts, milk, grapes, lettuce, bread, beef, cheese, orange

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Nutrition In Me... keeps me healthy!

Take Home Tidbits for You and Your Family

Keep your children healthy by offering a variety of foods from each of the Five Food Groups. These foods provide the over 40 nutrients young bodies need to grow. Strive to provide the recommended amounts from the food groups each day.

	Recommended Daily Amounts for 8 year olds*	Major Nutrients Provided:
Dairy Group	3 cups	Calcium for strong bones
Protein Food Group	5 ounces	Protein for strong muscles
Vegetable Group	2 cups	Vitamin A for good vision
Fruit Group	1½ cups	Vitamin C for healing
Grain Group	5 ounces	Carbohydrates for energy

*The Recommended Daily Amounts are based on the averages for 8 year old boys and girls getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Make Your Plate Great

Making healthy food choices can be simple and tasty too! By following these easy tips you can guide your family towards a healthier lifestyle. Remember to make eating changes slowly and gradually - so the change can become a healthy habit for life!

1. Make half your plate fruits and vegetables. Choose dark green, orange and red vegetables like sweet potatoes, broccoli and peppers more often and add fruits like blueberries and apples to salads and desserts.
2. Switch to low-fat (1%) or fat-free milk and dairy products. You will be getting the same amount of calcium and eight other essential nutrients but with less fat and calories.
3. Make half your grains whole grains. Simply add brown rice, whole grain pastas and cereals, and 100% whole wheat breads to your shopping list. Whole grains provide fiber and vitamins every body needs.

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My Healthy Shopping List

With your child, create a shopping list.
Choose two new foods from each food group to add to your list.
Encourage your child to help you choose healthy foods at the grocery store with you.

MyPlate BINGO

NAME: _____

INSTRUCTIONS:
1. Ask students to write the listed foods in the correct Food Groups.
2. Ask them to circle a favorite food from EACH Food Group.
3. Call out the names of the listed foods. When students hear their favorite food, they place that Food Group Sticker on the triangle.
4. The first student to have all Five Food Group Stickers in place yells "MyPlate Power". Continue playing until all students win.

Crackers

Cheddar Cheese

Sweet Potato

Milk

Tuna Fish

Broccoli

Eggs

Rice

Pasta

Peanut Butter

Apple

Carrots

Tortilla

Chicken

Blueberries

String Cheese

Green Beans

Yogurt

Banana

Watermelon

STICKER

Fruits

_____
_____
_____
_____

STICKER

Grains

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_____

Dairy

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STICKER

Vegetables

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STICKER

Protein Foods

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_____
_____
_____

STICKER

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#DC41B GRADE 3

MyPlate BINGO

Take Home Tidbits for You and Your Family

The Snacking Solution

Snacking is a great way to get those key nutrients our bodies require every day. Children especially need snacks because they can't eat enough food at meals – they often will get hungry before the next meal arrives. Just remember to provide snacks for yourself and your family from the Five Food Groups.

Frozen Grapes
100% Fruit Juice
Fruit Kabobs

Soft Pretzels
Cereal Snack Mix
Popcorn

String Cheese
Yogurt
Chocolate Milk

Veggie Sticks
Baked Potato
Green Salad

Nuts
Hard Cooked Egg
Bean Dip

Have your child create an after-school snack that includes three of the Five Food Groups. Try it out! With your child, brainstorm other "nutritious nibbles" your family may enjoy. Some ideas are provided above.

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Snack Attack

1. Create an after school snack using foods from three of the Five Food Groups.
2. Draw a picture of your snack and name it.
3. Write an advertising slogan that will appeal to your friends.

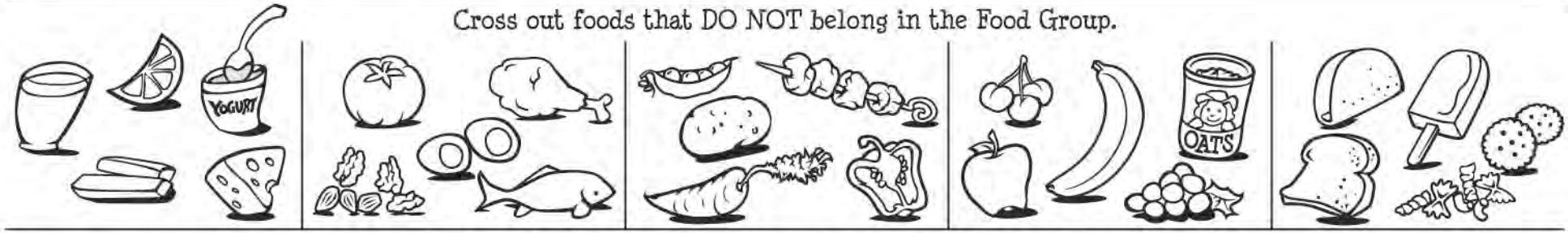
SNACK NAME

SLOGAN

Healthy Food Choices

NAME: _____

Cross out foods that DO NOT belong in the Food Group.



Fill in the letters to find a key nutrient in each Food Group.

c _ _ i _ m	_ r _ e _ n	_ i _ a _ n _	_ _ t _ m _ n _	_ a _ oh _ _ a _ e

Practice your math and find how many servings you need each day.

2 + 1 = ___ CUPS	25 ÷ 5 = ___ OUNCES	3 - 1 = ___ CUPS	7 - 5.5 = ___ CUPS	5 x 1 = ___ OUNCES

Write in one snack food for each Food Group.

_____ DAIRY	_____ PROTEIN FOODS	_____ VEGETABLES	_____ FRUITS	_____ GRAINS

Match and place FIVE FOOD GROUP STICKERS.

STICKER	STICKER	STICKER	STICKER	STICKER

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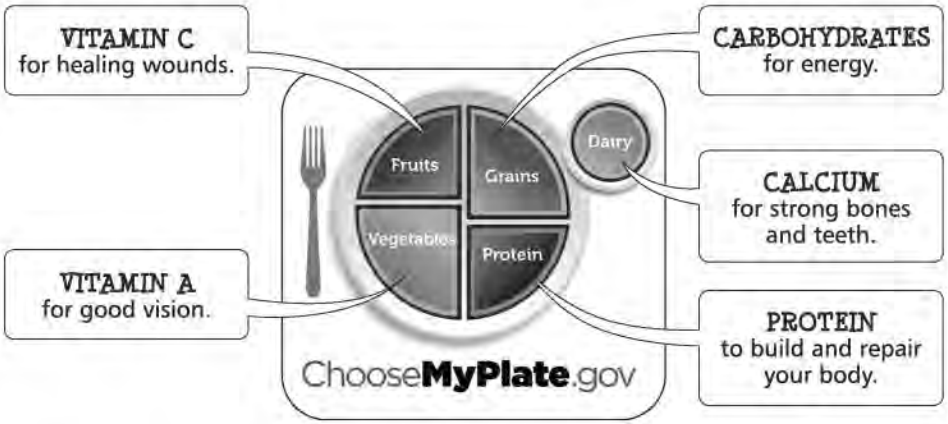
NUTRIENTS: CALCIUM, PROTEIN, VITAMIN A, VITAMIN C, CARBOHYDRATE

#DC42 GRADE 4

Healthy Food Choices

Take Home Tidbits for You and Your Family

Keep yourself healthy and growing by eating lots of different foods from the MyPlate plan. The Five Food Groups of MyPlate provide your body with the nutrients it needs.



Ask your family to keep snack foods from the Five Food Groups around the house. Quick, easy and healthy ideas include fresh fruit, string cheese, vegetable sticks and bean dip, popcorn and cold cereal. Can you think of others?

Set an example for your friends. If you choose healthy snacks, they might too!

Eat less "low nutrient foods" like chips, candy, soda, cookies and cake since they provide your body with more calories and fewer nutrients.

Remember – nutrition is fun, easy and tasty! Just follow MyPlate!!
For more information go to ChooseMyPlate.gov.

Visit the Washington State Dairy Council website
www.**EatSmart**.org
to order the FIVE FOOD GROUP STICKERS and other nutrition materials.

Quick and Tasty Snacks

Have some fun creating tasty snacks for you and your family. Here are some snacks you can whip up on your own:

Yogurt Fruit Smoothie

1 cup cold low fat milk
1 container low fat vanilla yogurt
1 cup frozen berries or fresh fruit

Place all in a blender. Cover and blend on high speed until smooth. Makes 2 delicious servings.

Trail Mix Your Way

Create your own personalized trail mix by combining your favorites in a bowl:

Nuts - peanuts, walnuts, or cashews
Dried fruits - apples, apricots or cherries
Whole grain cereals - oats, granola or bran
Seeds - pumpkin or sunflower are tasty!

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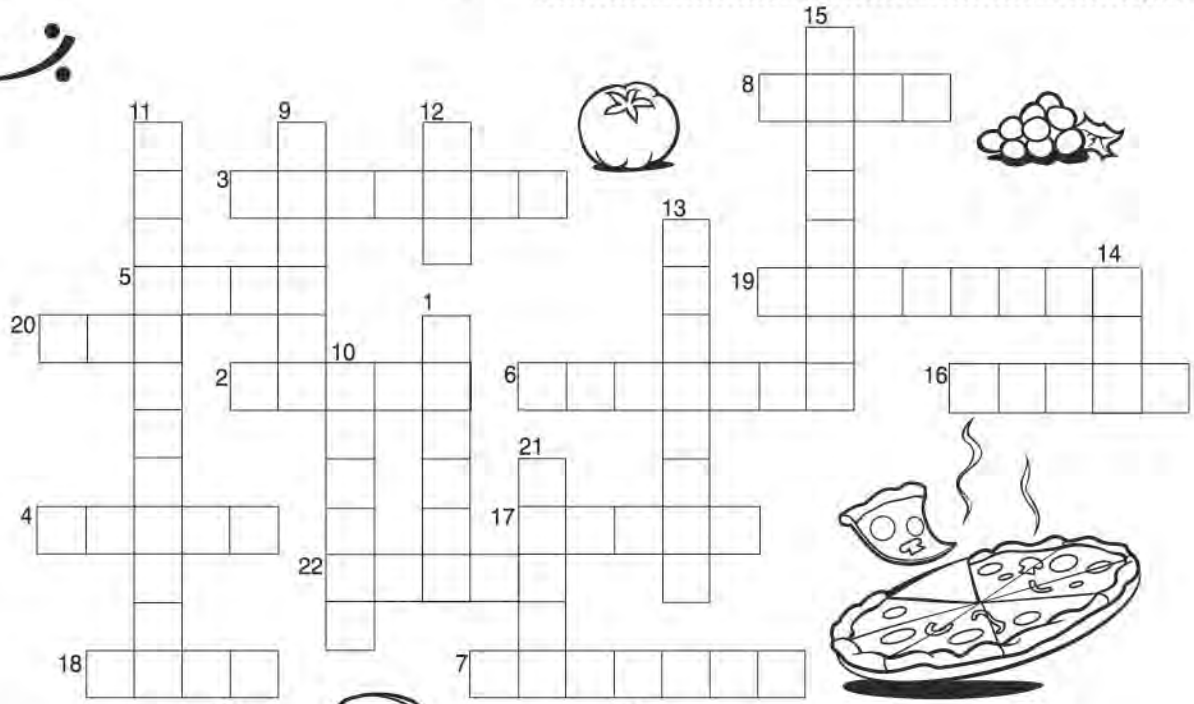
Crossfood Puzzle

NAME: _____

INSTRUCTIONS:
1. Complete each sentence below using the words in the box.
2. Label each food group and put the Five Food Group Sticker on the triangle.

SEE	VITAMINS
GREAT	PROTEIN
HEAL	SIX
WAFFLE	THREE
TEETH	VITAMINS
MUSCLES	BROCCOLI
TWO	CHEESE
BEEF	THREE
CALCIUM	WATER
ENERGY	FIVE
APPLE	CARBOHYDRATE



STICKER

_____ GROUP

1. You will find me on pizza and I am a healthy snack.

2. I build strong bones and _____.

3. Major nutrient I provide.

4. 12 - 9 = _____ servings needed each day.

STICKER

_____ GROUP

5. I am great at a barbecue and tasty on a bun!

6. I build strong _____.

7. Major nutrient I provide.

8. 110 ÷ 22 = _____ ounces needed each day.

STICKER

_____ GROUP

9. I am usually eaten at breakfast and taste great with butter and syrup.

10. I provide _____ to work and play.

11. Major nutrient I provide.

12. 2 x 3 = _____ ounces needed each day.

STICKER

_____ GROUP

13. I look like a miniature green tree.

14. I help your eyes _____.

15. Major nutrient I provide.

16. You need 120 ÷ 40=_____ minus 1/2 cup each day.

STICKER

_____ GROUP

17. Washington State is famous for growing this fruit.

18. I help injuries _____.

19. Major nutrient I provide.

20. 124 ÷ 62 =_____cups needed each day.

CHALLENGE QUESTIONS:

21. You need 6-8 glasses of this important drink each day.

22. When you exercise and eat from the Five Food Groups, you feel _____.

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Crossfood Puzzle

Take Home Tidbits for You and Your Family

Every day eat foods from the Five Food Groups. Watching your serving sizes will help you balance how much you eat from any one Food Group. The more physically active you are, the more servings from the Five Food Groups will be needed. To discover the specific amounts you and your family members need, go to www.**ChooseMyPlate**.gov.

	Recommended Daily Amounts for 10 year olds*	One cup or ounce equals:
Dairy Group	3 cups	1 cup milk or yogurt, 1½ ounces cheese
Protein Food Group	5 ounces	1 ounce meat, ¼ cup cooked beans, 1 egg, 1 Tbsp. peanut butter
Vegetable Group	2½ cups	1 cup cooked or raw vegetables, 2 cups green leafy vegetables
Fruit Group	2 cups	1 cup raw or cooked fruit, ½ cup dried fruit
Grain Group	6 ounces	1 slice bread, ½ cup cooked rice, pasta or cooked cereal, 1 cup cold cereal

*The Recommended Daily Amounts are based on the averages for 10 year old boys and girls getting 30-60 minutes of physical activity each day. To find your child's personalized plan go to www.ChooseMyPlate.gov, Interactive Tools.

Body Fuel

Calories to your body are like gasoline to your car. Just as gas makes a car go, calories make YOU go: run, dance, study and sleep. Calories are the amount of energy you get when you eat food. As a fifth grader, it is important to eat enough food to GROW! However, calories can become a concern for a number of reasons. If you always eat more than you need, you will gain too much weight. If you eat fewer calories than your body needs, you will have low energy and may not grow properly.

To maintain your proper weight, you need a balance between "calories in" (food) and "calories out" (physical activity), so eat the recommended amount of servings from the Five Food Groups AND try to get at least 60 minutes of physical activity each day. Swim, run, bike, play ball.....the possibilities are endless.

Go to **ChooseMyPlate**.gov to find a personalized eating plan

Visit the Washington State Dairy Council website
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Personal Assessment

Let's look at the BIG PICTURE of your eating and physical activity habits. Circle the **foods** you eat often and the **activities** you do regularly, and then answer the questions below.

Did you circle foods from each of the Five Food Groups? ☐ Yes ☐ No

If not, which Food Group is missing?

☐ Dairy ☐ Fruits ☐ Vegetables
☐ Protein Foods ☐ Grains

List two foods from the missing Food Group you can add to your eating plan:

1. _____ 2. _____

Did you circle any activities? ☐ Yes ☐ No

Are you exercising at least three times each week? ☐ Yes ☐ No

Name one activity you would like to try this week:

_____

I'm an All-Star!

NAME: _____

STICKER

DAIRY GROUP
My All-Star Dairy Food Choice

STICKER

GRAIN GROUP
My All-Star Grain Food Choice

STICKER

PROTEIN FOOD GROUP
My All-Star Protein Food Choice

FIRST NAME

LAST NAME

STICKER

VEGETABLE GROUP
My All-Star Vegetable Food Choice

STICKER

FRUIT GROUP
My All-Star Fruit Food Choice

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I'm an All-Star!

Five Food Group Nutrition

30 Minute Lesson Plan Grades K-5

The reproducible MASTER on the reverse side is designed to be used as a classroom nutrition lesson. Simply follow the INSTRUCTIONS and add any of the GOING FURTHER ideas for a complete, fun-filled nutrition activity.

Instructions…

1. Each student will need one set of the Five Food Group Stickers (5 stickers each). To order, go to www.EatSmart.org.
2. Photocopy the MASTER on the reverse side, one for each student.
3. Give each student a copy of I'M AN ALL-STAR! and ask them to write their name in the center star.
4. Ask students to name the Five Food Groups.
   Accept all reasonable answers and write them on the chalkboard.
   Circle the correct answers or add as needed: Dairy, Protein Foods, Vegetables, Fruits and Grains.
5. Pass out a set of **Five Food Group Stickers** to each student.
6. Explain to the students that we need to eat from all Five Food Groups to grow, be healthy, and have energy for school work and play. Foods from the Five Good Groups give our bodies the nutrients they need to function properly. Ask students to name foods in each of the food groups. Discuss the major nutrients provided by each food group and their functions (i.e. Dairy Group provides calcium for strong bones and teeth).

FOOD GROUP	*Dairy*	*Protein Foods*	*Vegetables*	*Fruits*	*Grains*
MAJOR NUTRIENTS	Calcium	Protein	Vitamin A	Vitamin C	Carbohydrates
FUNCTIONS	Strong Bones & Teeth	Strong Muscles	Good Vision	Heal Wounds	Energy

7. Ask the students to place the **Stickers** in the correct points of the Star. Ask the class to plan several "All-Star Lunch Menus" that include all Five Food Groups. Write the student's ideas on the board and hold a class vote for the best lunch menu. Try to serve the "All-Star Lunch Menu" in the future.

GOING FURTHER….

1. Ask the students to color the STAR page and display them in the classroom.
2. Invite the students to cut out their STAR and enter in a drawing to win prizes.
3. Suggest students take their STAR home to share and talk about nutritious meals with their family.
4. Provide a "Five Food Group Taste Test" by giving the students tastes of new or different foods from each of the Five Food Groups.
5. Ask the students to help plan a school lunch menu for their school.
6. Discuss the USDA's ChooseMyPlate (see below). Go to ChooseMyPlate.gov for more information including planning a healthy menu and healthy eating tips.
7. Discuss the major nutrients provided by each food group and their functions.
8. Discuss the importance of regular physical activity and ask the students to give examples of fun activities they like to do.

Go to **ChooseMyPlate**.gov to find a personalized eating plan

Visit the Washington State Dairy Council website
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