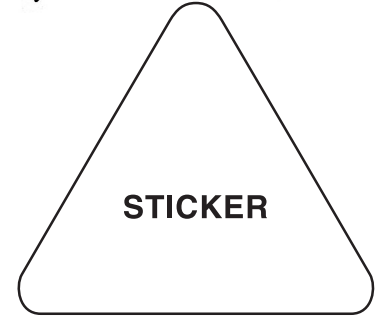
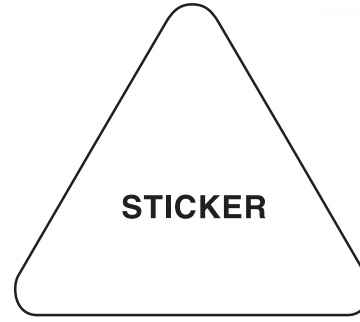
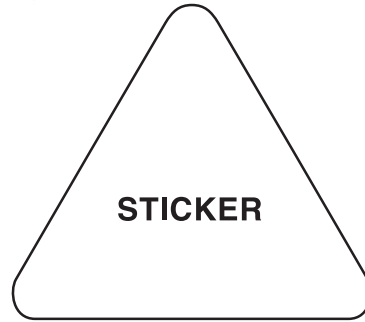
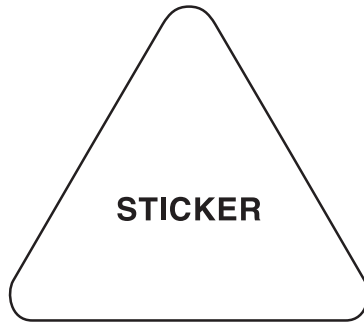
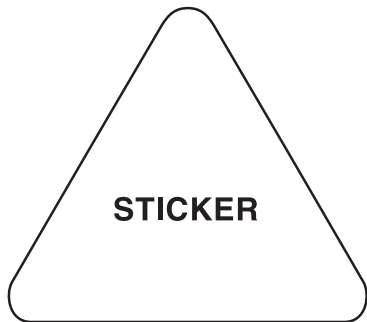
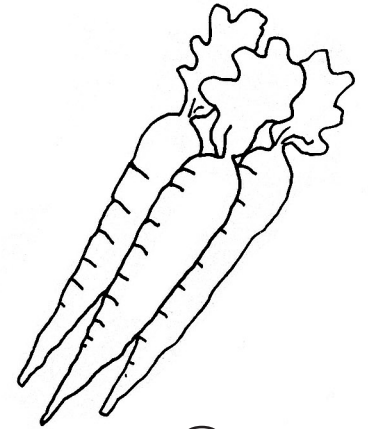
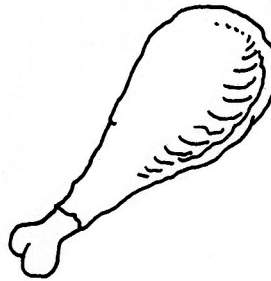
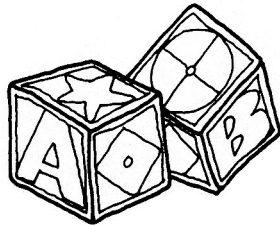
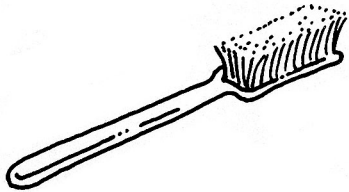
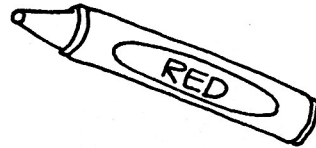
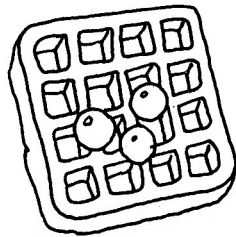
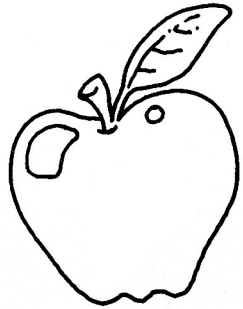


FOOD MATCH UP

DIRECTIONS TO TEACHER:

1. Have students place a different Food Group Sticker in each triangle.
2. Cross out non-food items with a crayon.
3. Connect food pictures to matching Food Group Stickers.
4. Color pictures.



NUTRITION HINTS...

Dear Parents,

Keep children healthy and growing by offering a variety from each of the Five Food Groups. These foods provide the 40 or more nutrients your body needs daily.

TASTING NEW FOODS

Introducing new foods to your preschooler or kindergartner can be a trying experience. Children this age will often refuse to taste new foods and then not like them when they finally do! Two important tips: keep the portion size of the new food small (i.e. 1 to 2 bites) and don't force your child to try it. Simply serve it again at another meal or snack time. As your child becomes more familiar with the food, he/she will be more likely to taste it. It may take several exposures to a new food for your child to accept and perhaps like it.

FOOD JAGS

Another common feeding concern of parents is "food jags" or a time period when your child prefers only one or two foods. Try not to cook a separate meal to accommodate your child's food jags. Continue to serve a variety of foods at meal and snack times and let your child choose from these foods. Be patient -- food jags DO end!

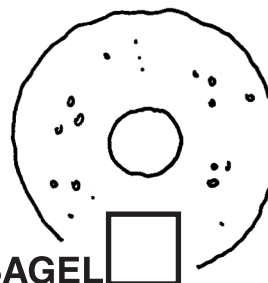
	Recommended Daily Amounts	One cup or oz. equals:
Milk Group	2-3 cups	1 cup milk, 1 1/2 oz. cheese, 1 cup yogurt
Meat & Beans Group	2-4 oz.	1 oz. meat or 1/4 cup cooked beans
Fruit Group	1- 1 1/2 cups	1 cup raw or cooked fruit
Vegetable Group	1 - 1 1/2 cups	1 cup raw or cooked vegetable
Grain Group	3-5 oz.	1 slice bread, 1/2 cup pasta/rice, 1 cup cold cereal

Visit the Washington State Dairy Council website

www.eatSMART.org

to order THE FIVE FOOD GROUP STICKERS or other nutrition education materials.

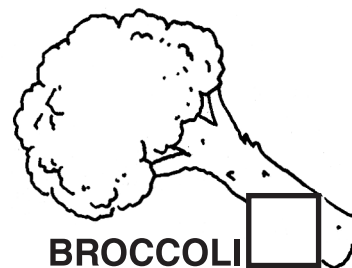
NUTRITION IN ME... FOODS I'VE TASTED



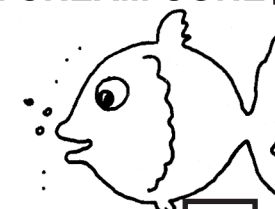
BAGEL



ICE CREAM CONE



BROCCOLI



FISH



YOGURT



APPLE

Name _____

DIRECTIONS:

1. Have students mark the boxes of those foods they have tasted.
2. As a group, describe the tastes of the above foods.
3. Color the pictures and have FUN!