

HEALTHY FOOD CHOICES



<p>Fill in the letters to find the nutrient in the Food Group.</p>	<p>C _ _ _ i _ m</p>	<p>_ r _ _ e _ n</p>	<p>_ i _ a _ _ n</p>	<p>_ i _ a _ _ n</p>	<p>_ a _ _ oh _ _ _ a _ e</p>
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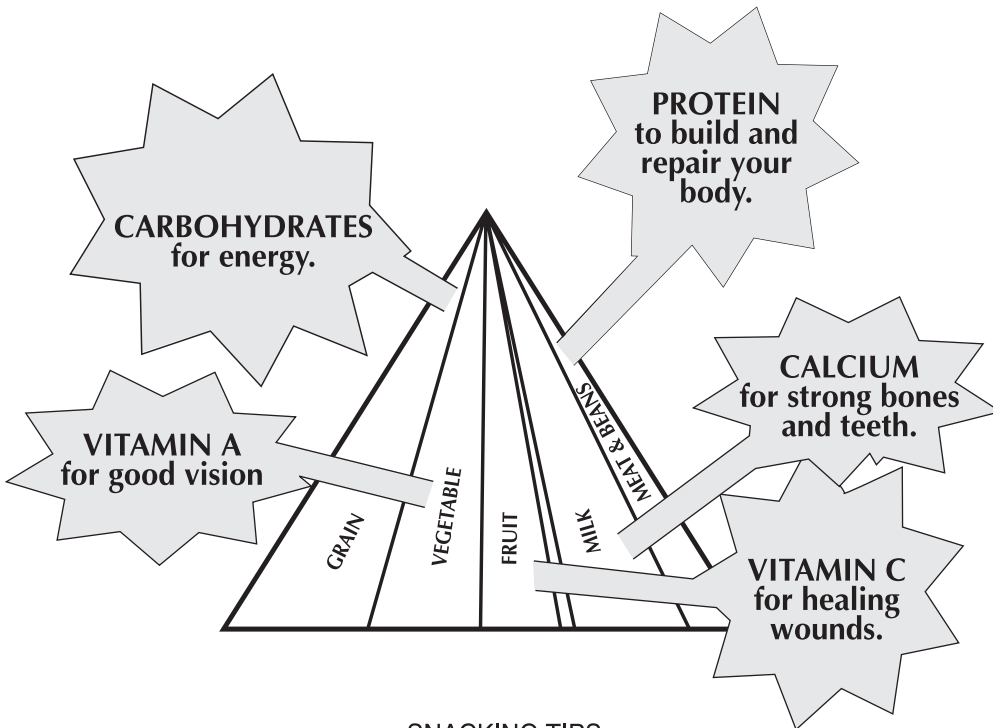
<p>Practice your math and find how many servings you need each day.</p>	<p>2 + 1 = _____</p>	<p>25 ÷ 5 = _____</p>	<p>7 - 5 = _____</p>	<p>3 - 1 = _____</p>	<p>7 - 2 = _____</p>
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<p>Write in one snack food for each Food Group.</p>	<p>_____</p> <p>A MILK FOOD</p>	<p>_____</p> <p>A MEAT & BEANS FOOD</p>	<p>_____</p> <p>A FRUIT FOOD</p>	<p>_____</p> <p>A VEGETABLE FOOD</p>	<p>_____</p> <p>A GRAIN FOOD</p>
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<p>Match and place FIVE FOOD GROUP STICKERS</p>					
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HI STUDENTS!

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



SNACKING TIPS

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

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

Eat "low nutrient foods" (like chips, candy, soda pop, cookies, and cake) only now and then. They don't provide your body with many nutrients.

Remember -- nutrition is fun, easy and tasty! Just follow MyPyramid!

Visit the Washington State Dairy Council website

www.eatsmart.org

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



GOINKS are space creatures that just landed their spaceship in your school's playground! They have three eyes (the extra eye helps them see in space) and they talk like computers. They seem to be a friendly group, but won't leave the playground until you help them. Evidently, the GOINKEES (the name for children on planet GOINKUSS) are not eating healthy snacks and their third eye is not growing properly. If GOINKS can't see in space, their planet is doomed because they must travel in space to get food. Their question to your class:

What snack foods do Earth children eat to help them grow and be healthy?

Write down your FIVE favorite **healthy** snacks. Remember, these must be snack ideas you think GOINKEES will eat (to develop that third eye), or planet GOINKUSS is doomed forever...

(A secret message from the United States government: "Remember MyPyramid.")

Share your snack ideas with your classroom. Think about what is happening to the GOINKEES and explain why good nutrition is important to Earth children.

