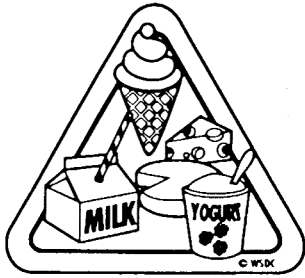


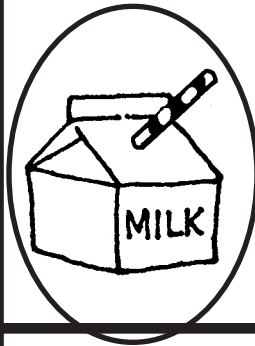
# MEET THE FIVE FOOD GROUPS

## Directions to the teacher:

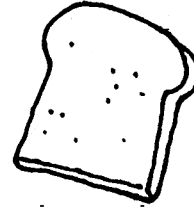
1. As a group, identify all the food pictures and locate the five triangles.
2. Ask the children to match the "Five Food Group Stickers" to the five food triangles, and then place the stickers on the matching food triangle.
3. Ask the children to find the matching foods in each section with the foods pictured on the sticker and circle them. (See the Milk Group example)



MILK GROUP



cherries



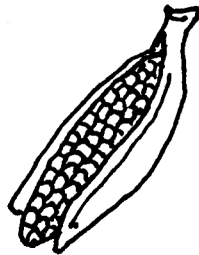
bread



cheese



MEAT & BEANS GROUP



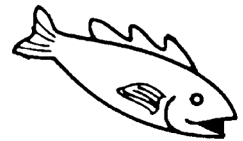
corn



eggs



fish



VEGETABLE GROUP



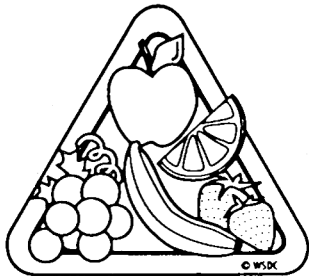
muffin



peas



potato



FRUIT GROUP



bagel



orange



grapes



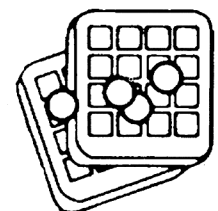
GRAIN GROUP



crackers



apple



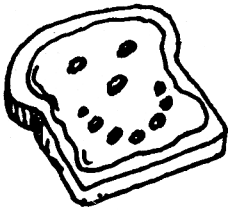
waffle

# Nutrition Hints:

Dear Parents/Guardians,

When feeding children, here are some important tips:

1. Provide a variety of foods from the Five Food Groups. (Milk, Meat & Beans, Fruit, Vegetable, Grain)  
*Our bodies need over 40 different nutrients everyday. These nutrients can be found in the Five Food Groups.*
  - You decide which foods to serve, and your child decides how much he/she eats.
  - Offer snacks about 1-1/2 to 2 hours before a meal - children need snacks for energy and nutrients.
2. Make mealtimes pleasant.  
*Children like to experience new things.*
  - Let your child explore, prepare, and taste new foods from an early age.
  - A playful idea can increase the kid-appeal of even an ordinary food. For a tasty, creative creature, insert pretzel sticks into string cheese.
3. Be a good role model.  
*Children often watch for clues from adult's food choices and will copy many habits, like eating or skipping breakfast.*
  - Be a good food taster yourself, and be willing to try new foods.
  - Eat with your children and make the time for a family meal together!



Visit the Washington State Dairy Council website

[www.eatsmart.org](http://www.eatsmart.org)

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

Designed to be duplicated for educational purposes.

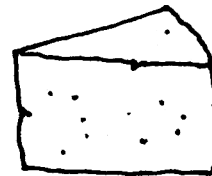
FOLD

## Nutrition In Me.....

Foods I have tasted:

name \_\_\_\_\_

refried  
beans



cheese

tortillas



tomato

milk



pear

- Directions to the teacher:**
1. Copy both sides of the master so each child has a "Nutrition In Me..." activity sheet.
  2. Fold the activity sheets in half, horizontally at the FOLD line. (The sticker activity should be inside once folded.)
  3. Ask children to color or circle the foods they have tasted. (Note: They do not have to like these foods.)