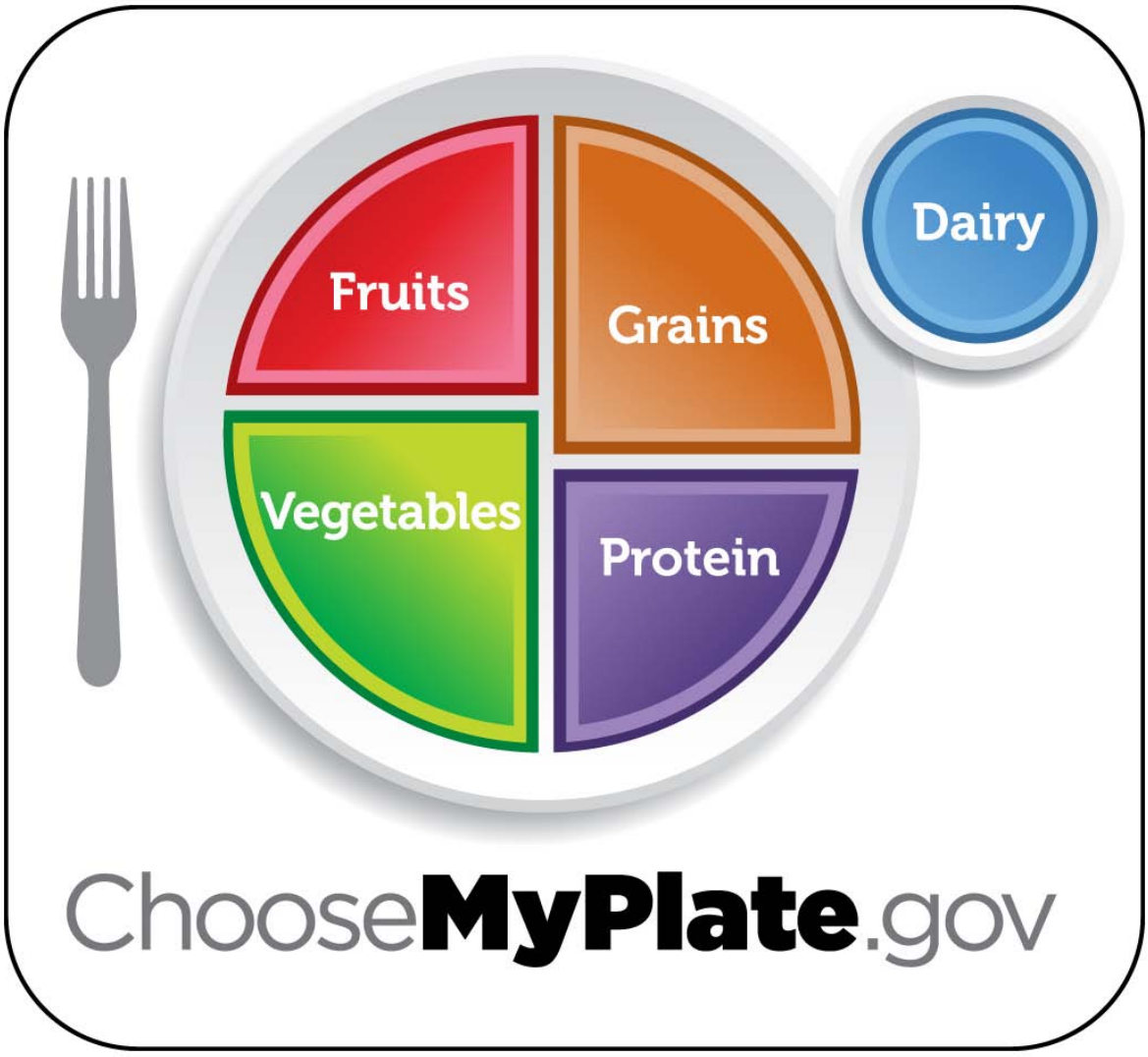
Adagio Health's Power Up

5th Grade Workbook

Curriculum: Show Me Nutrition

Name _____

_____



Visit our website

www.powerupeatright.com

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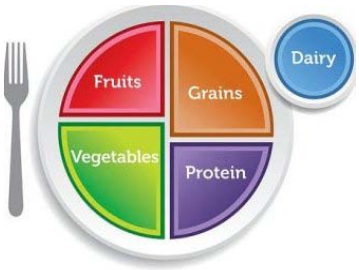
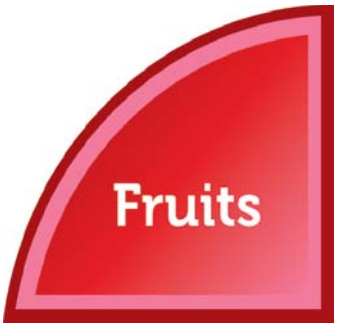
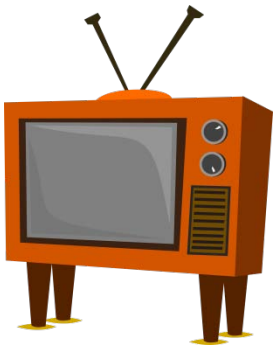
Lesson 1 Let's Go Exploring-MyPlate 	**Lesson 2** Be Food Safe 	**Lesson 3** Be A Cool Consumer-Food Labels 
Lesson 4 Make Half Your Grains Whole 	**Lesson 5** Vary Your Veggies 	**Lesson 6** Focus On Fruits 
Lesson 7 Get Your Calcium-Rich Foods 	**Lesson 8** Go Lean with Protein 	**Lesson 9** Food Group Power 

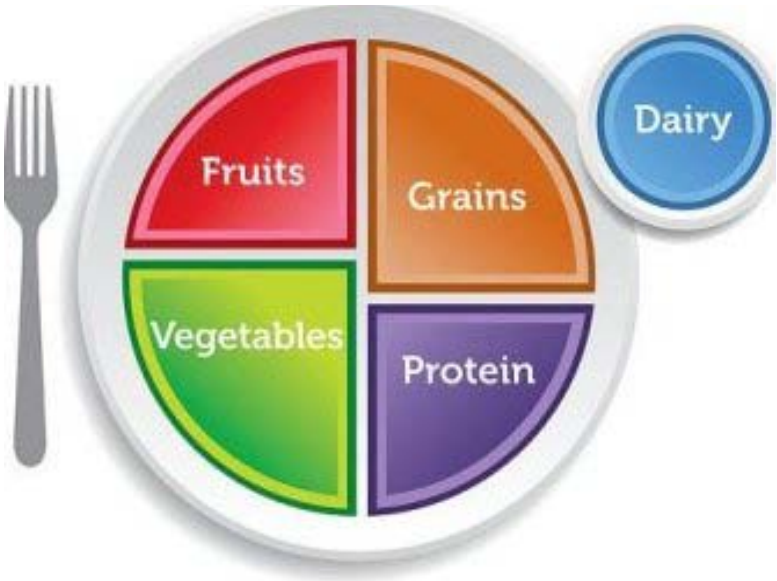
Lesson 1: Let's Go Exploring - MyPlate

Objectives

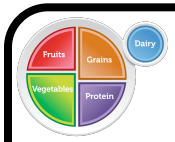
- ❖ Students will know it is important to eat a variety of food from each food group.
- ❖ Students will recognize MyPlate and the food groups.

Food Groups

- One food will not make us healthy.
- There are different nutrients in our food that help our body grow.
- Our bodies cannot make the nutrients.
- Nutrients are found in each of the food groups.



My Plate - Writing Assignment



Write a paragraph about how you will get your plate in shape:

DRAW *a* **food** *that is...*

- ☐ **BUMPY**
- ☐ CRUNCHY
- ☐ CHEWY
- ☐ **SWEET**
- ☐ HOLLOW
- ☐ MUSHY

Lesson 2: Be Food Safe

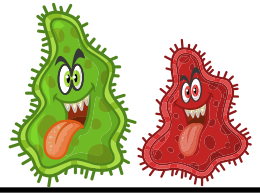
Objectives

- ❖ Students will know bacteria can contaminate food.
- ❖ Students will know that cooking foods to the proper temperature can help kill germs.

Food Safety

- There are four principles to consider to keep us free from germs.

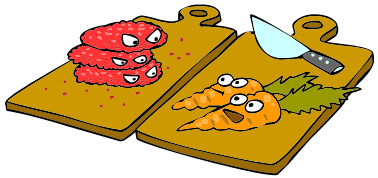
Clean	Cook
• Wash our hands. • Wash the surfaces. • Wash fruits & veggies.	• Cook foods to the right temperature. • Use a thermometer. • Cook foods above 140 degrees.
Chill	**Separate**
• Refrigerate foods. • Keep foods below 40 degrees. • Thaw foods in the fridge or microwave.	• Avoid cross-contamination. • Use separate cutting boards. • Store raw meat away from ready-to-eat foods.



Chef Solus Food Safety Word Challenge

meat thermometer	temperature	2 hours	refrigerator	defrost	separate	20 seconds	wash

1. Keep raw meat _____ from cooked meat.

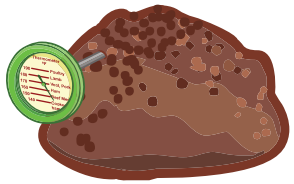


2. Leftovers should be stored in the _____.

3. _____ your hands before and after touching food.

4. The best way to make sure meat is cooked is by checking the _____.

5. Wash your hands for _____ to remove all germs.



6. Always use a _____ _____ when cooking meat.

7. _____ foods in the refrigerator not on the counter.

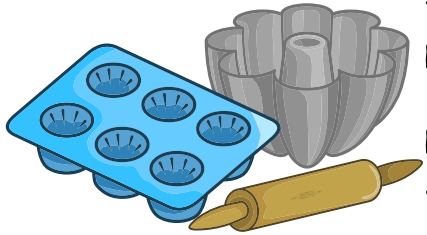
8. Food should be stored in the refrigerator within _____ or else it will begin to spoil.

Answer Key:
1. away
2. refrigerator
3. Wash
4. temperature
5. 20 seconds
6. meat thermometer
7. Defrost
8. two hours

Cooking with Kids Kitchen Fun Word search

NOURISH INTERACTIVE

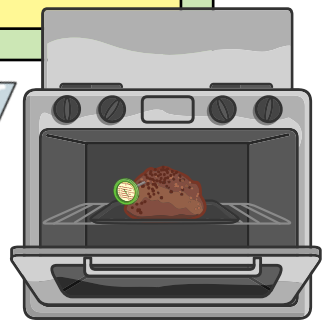
R	M	A	H	X	U	R	E	C	I	P	E	S	A	Q
F	E	F	K	I	T	C	H	E	N	B	C	P	L	A
I	I	T	M	J	Q	R	C	G	L	L	U	B	U	X
O	I	X	S	D	H	O	N	E	O	C	C	O	T	Y
B	N	S	Q	A	O	F	N	T	G	G	C	W	A	T
M	A	N	F	K	O	D	J	N	V	N	G	L	P	E
R	M	K	I	E	E	T	I	V	Y	I	V	G	S	F
Y	D	N	I	R	H	R	O	S	R	N	W	G	G	A
Z	G	P	I	N	U	C	N	R	D	O	U	W	F	S
W	B	F	W	S	G	F	J	E	P	S	H	A	G	D
A	W	I	A	F	N	D	G	T	H	A	M	Y	G	O
S	V	E	Z	D	P	R	O	L	L	E	R	K	Z	O
H	M	P	K	I	R	R	J	D	Z	S	S	G	M	F
A	R	O	T	A	R	E	G	I	R	F	E	R	J	L
M	U	C	O	X	T	E	B	E	E	V	O	T	S	R



TOASTER
ROLLER
BAKING
REFRIGERATOR
SPATULA

COOKING
MEASURING CUPS
FOOD SAFETY
CHEF
RECIPES

SEASONING
BOWL
KITCHEN
BLENDER
STOVE



Visit www.ChefSolus.com for free kids' nutrition games, interactive word puzzles and fun healthy cooking activities!

Lesson 3: Be a Cool Consumer-Food Labels

Objectives

- ❖ Students will be able to know what is on the food label.
- ❖ Students will know how to tell if a food is high in vitamins.
- ❖ Students will understand health claims.

Nutrition Facts Label

- The food label is found on all packaged foods.
- Are there food labels on fruits and vegetables?
- Health claims are allowed by the FDA.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The mystery of the processed potato

Can you solve the mystery? Read the labels and fill in the chart to help you decide which potato product is the most nutritious. Here are your clues:

- Potatoes are a very healthy food. They are chock-full of carbohydrates for energy, fiber and vitamin C.
- Processing potatoes can cause the loss of vitamin C and fiber.
- Potatoes are naturally low in calories, but adding ingredients can add fat and calories.

Baked potato with skin

Nutrition Facts
Serving Size 1 medium

Amount Per Serving	
Calories 150	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 11 mg	< 1%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	6%
Vitamin A	< 2%
Vitamin C	30%
Calcium	< 2%
Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.

Hash-brown potatoes

Nutrition Facts
Serving Size ½ cup (78g)

Amount Per Serving	
Calories 163	Calories from Fat 99
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat unknown	
Cholesterol 0 mg	0%
Sodium 19 mg	< 1%
Total Carbohydrate 17g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	4%
Vitamin A	< 2%
Vitamin C	8%
Calcium	< 2%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

French fries

Nutrition Facts
Serving Size 10 (50g)

Amount Per Serving	
Calories 158	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 0 mg	0%
Sodium 108 mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	12%
Sugars 0g	
Protein 2g	4%
Vitamin A	< 2%
Vitamin C	8%
Calcium	< 2%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Fill in the chart to help you solve the mystery:

Potato product	Has the most fat	Has the most vitamin C	Has the most fiber	Is the most nutritious
Baked potato with skin				
Hash-brown potatoes				
French fries				

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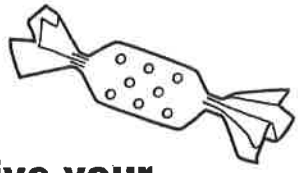
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

Analyzing tootsie frootsies

Directions: Did you know that food advertisements sometimes make food sound more nutritious than it really is? Take a good look at this Nutrition Facts panel to determine if the food lives up to the advertising claims. Then, answer the questions below.



What the advertisement says:

Tootsie Frootsies give your body a high-energy boost.

They are bursting with FRUIT flavor and wholesome goodness.

Tootsie Frootsies make a Fruity-Licious Nutritious Treat!

What the label shows:

Nutrition Facts

Serving Size 15 pieces
Servings per container: 1

Amount Per Serving	
Calories 120	**Calories from Fat** 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 1g	2%
Vitamin A	< 2%
Vitamin C	< 2%
Calcium	< 2%
Iron	< 2%

INGREDIENTS: Corn syrup, sugar, gelatin, fruit juice concentrate, artificial flavorings, artificial colorings.

1. The ingredients on a food label are listed from most to least. Look at the ingredients for Tootsie Frootsies:
   - How many of the first three ingredients are forms of sugar?

     _____
   - Are any of the ingredients listed a real fruit source?

     _____
2. Real fruit and 100 percent fruit juices give us vitamin C and potassium.
   - Are Tootsie Frootsies a good source of either?

     _____
3. Do you think Tootsie Frootsies are a "Fruity-Licious Nutritious Treat"? Why or why not?

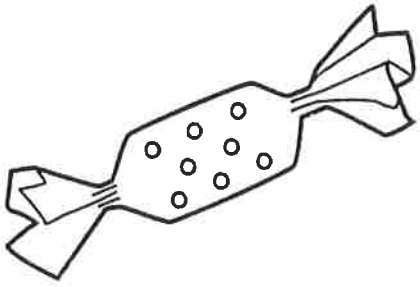
   _____

   _____
4. Can you think of an example of a food advertisement that you have seen that makes misleading claims about nutrition? Describe it:

   _____

   _____

   _____



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Lesson 4: Make Half Your Grains Whole

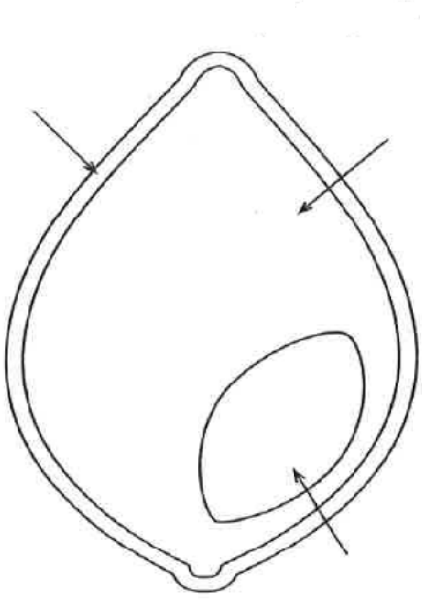
Objectives

- ❖ Students will be able to understand what carbohydrates do for our bodies.
- ❖ Students will be able to identify what foods are whole grains and which nutrients are important in those foods.

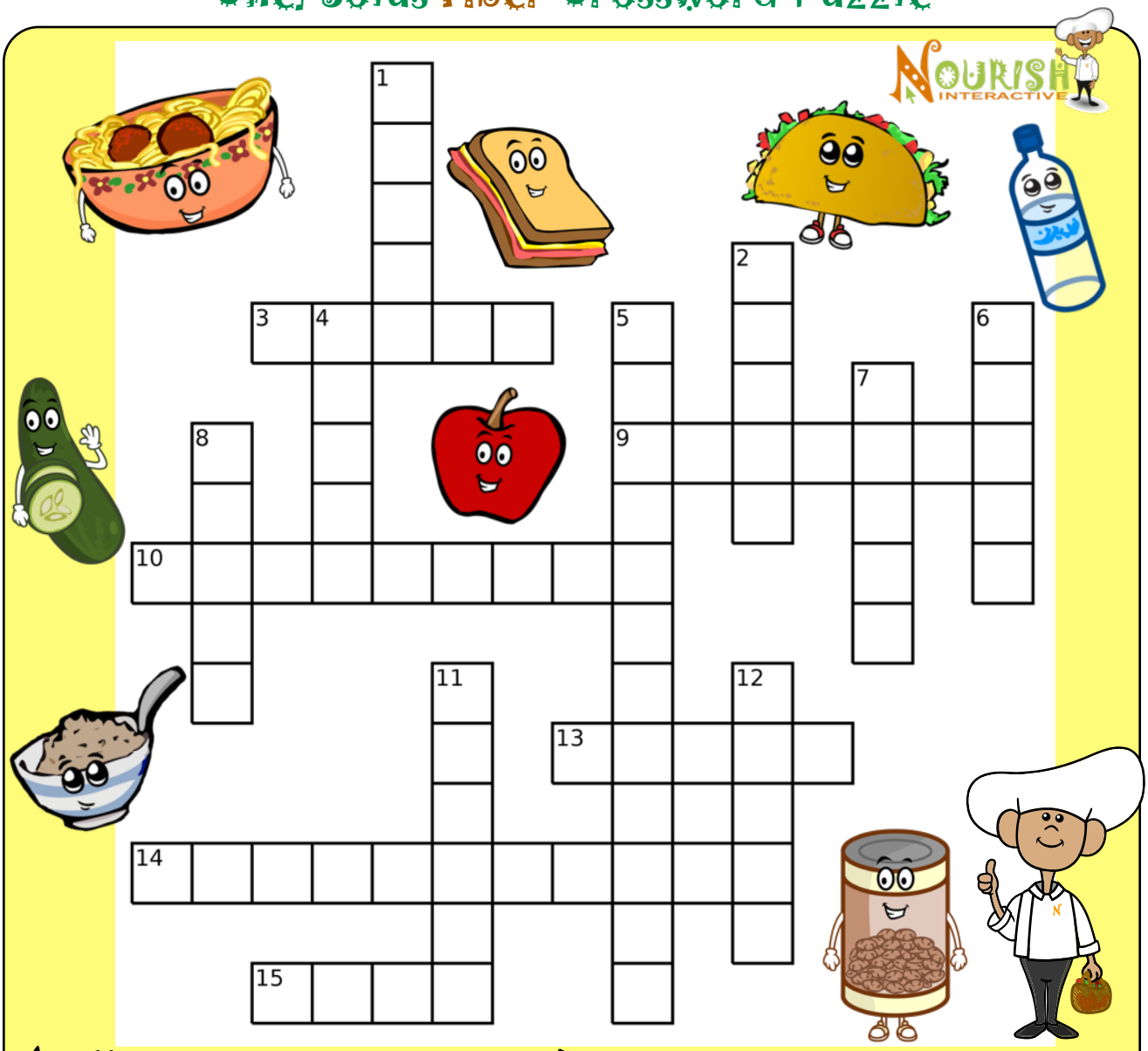
Carbohydrates

- Carbohydrates give our bodies energy so we can think, play, and grow.
- We can find carbohydrates in the Grains group.

- Examples of grains are:
  - o Rice o Oats o Barley
  - o Rye o Wheat o Quinoa o Corn
- Grains foods are an important source of:
  - o Fiber
  - o B vitamins
- Whole grains have three parts:
  - o Bran
  - o Starch
  - o Germ



Chef Solus Fiber Crossword Puzzle



Across

3 H20 is the chemical symbol for

9 This is high in fiber and taste great with milk and raisins for breakfast

10 Veggie is short for _____

13 The tomato is not a vegetable, instead it is a ___

14 A drink that is the color of the grains group

15 High fiber foods (fruits and veggies) make your stomach feel ___

Down

1 Bread's main ingredient

2 Spaghetti and penne are types of ___

4 Red and delicious is my favorite type of _____

5 Cherrios and Kix have this; same goes for whole wheat bread.

6 Chef ___

7 Chicken, rice and _____ make a great taco; They are high in fiber too.

8 A sandwich needs two pieces of whole grain ___

11 What do most kids eat for breakfast?

12 Oatmeal and beans are high in

Answer Key:
3-Water 9-oatmeal 10-vegetable 13-fruit 14-orange juice 15-full
1-wheat 2-pasta 4-apple 5-whole grains 6-sikus 7- beans 8-bread 11-cereal 12-fiber

Get a better start with breakfast

If you don't have time to eat breakfast, try one of these tips:

- Get up 15 minutes earlier.
- Eat breakfast at school.
- Pack a breakfast and eat it on your way to school.

Here are some ideas I would be willing to try to help me eat breakfast every day:

_____

_____

_____

_____

Plan three easy, healthy breakfasts that you can fix by yourself. Make sure each breakfast contains at least three of the food groups. At least one breakfast should contain a whole-grain food.

1. _____

_____

_____

2. _____

_____

_____

3. _____

_____

_____

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Lesson 5: Vary Your Veggies

Objectives

- ❖ Students will understand the importance of choosing a variety of colors.
- ❖ Students will identify fiber, vitamins, and potassium as nutrients from the vegetable group.

Vegetables

- Vegetables are colorful and crunchy.
- Americans do not eat enough vegetables that are:
  - o **Dark green**
  - o **Red**
  - o **Orange**



- Vegetables give us fiber, vitamins A & C, and minerals like potassium and iron.
- How many cups of vegetables do we need?
- What counts as a cup?
  - o 1 cup raw or cooked
  - o 2 cups leafy vegetables
  - o 1 cup vegetable juice
  - o 1 cup cooked beans or peas

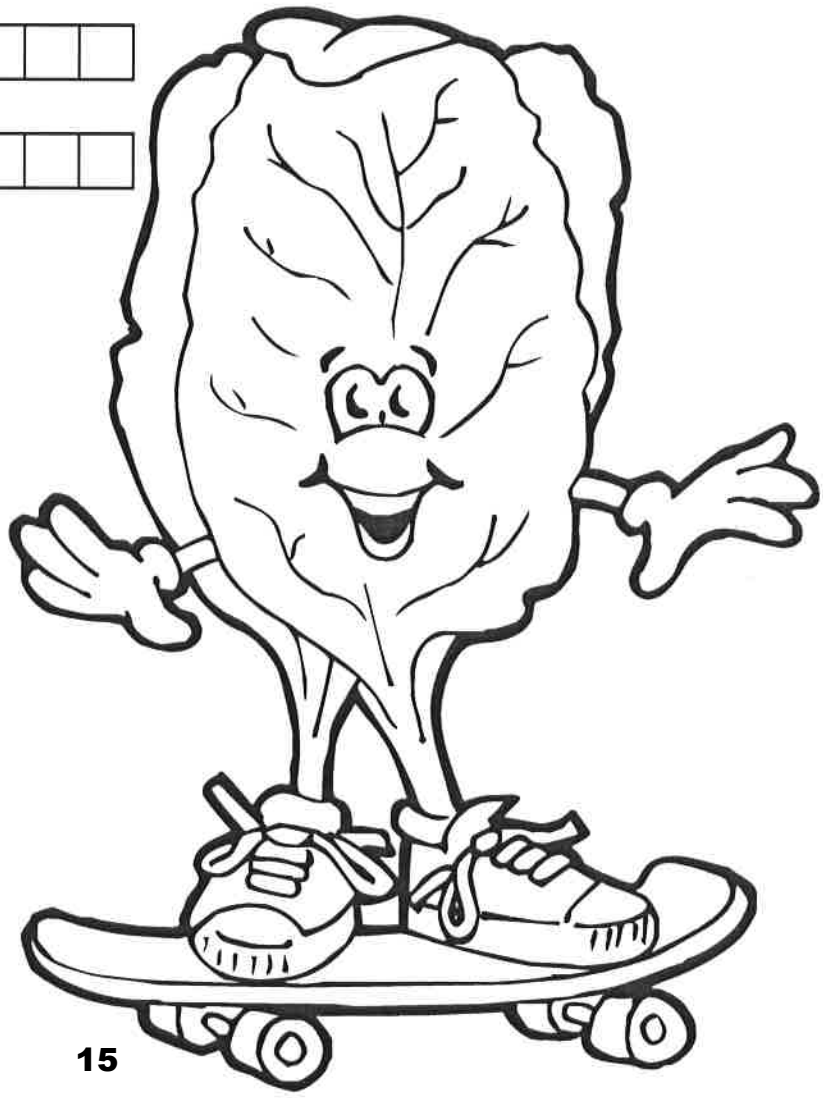
GO Green

Did you know that green fruits and vegetables actually have health-promoting benefits!

Instructions:
Fill in the puzzle below with the green fruits and vegetables listed. Start with the letters given.

Peas
Limes
Celery
Lettuce
Spinach
Avocados
Broccoli
Honeydew
Artichoke
Cucumbers
Kiwifruit

Bravo! When you have completed the puzzle, color Mr. Greens on the skateboard.

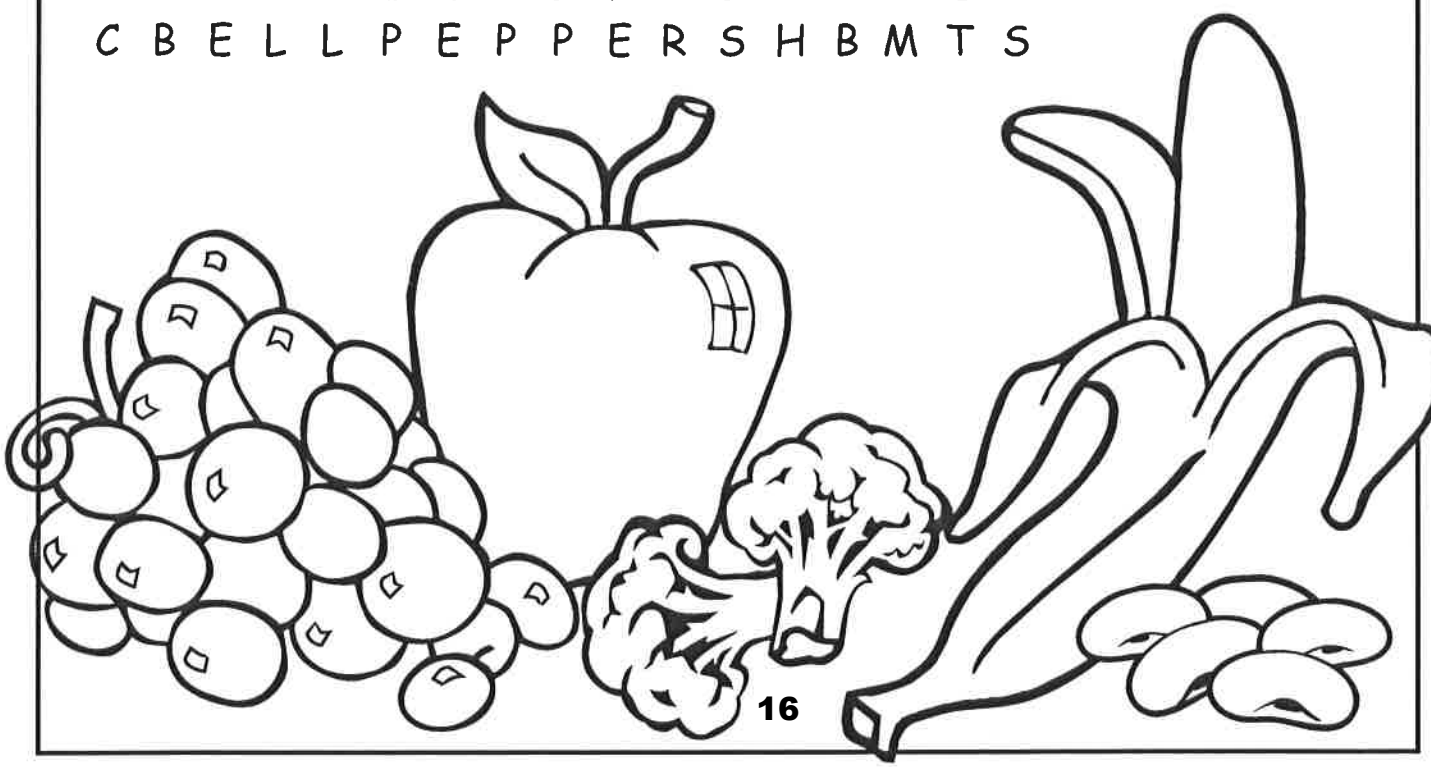


Answer Key:

SUPER FOODS Word Find

S B E O D U R O H O Y M M Z Y S S
B N R C R F Y Q V A X C U O P E S
L A A O U A O G V Q S Z G I O W C
U S F E C T N H Q L B U N T E M Z
E N V C B C T G W C R A A E C D E
B I S D V S O E E T C M T Q D Q P
E A I C B T T L L H O P G K W W U
R R Q V E I J R I T O P L I S T O
R G Y K O H N X A T F Q C L L Y L
I E I A P U X F A W B S W F W F A
E L F U T S S T Y X B A E Z T M T
S O A S E T O S O H H E N L J X N
F H Y P O E N X G G V A R A P P A
U W A R S P M G Y T T M P R N P C
D R R A B S R E B M U C U C I A A
G A U P R E W O L F I L U A C E S
C B E L L P E P P E R S H B M T S

APPLES
BANANAS
BEANS
BELL PEPPERS
BLUEBERRIES
BROCCOLI
CANTALOUPE
CARROTS
CAULIFLOWER
CUCUMBERS
GRAPES
LETTUCE
NUTS
ORANGE
SPINACH
STRAWBERRIES
SWEET POTATOES
TOMATOES
WHOLE GRAINS
YOGURT



Lesson 6: Focus on Fruits

Objectives

- ❖ Students will be able to identify fruits.
- ❖ Students will be able to identify what nutrients come from fruits.

Fruits

- Fruits are colorful, sweet, and juicy.
- Fruits give us fiber, vitamin C, potassium, and folate.

- Fiber is found in the skin of the fruit.
- Fiber helps reduce the risk of heart disease.

- Potassium is high in melons, bananas and dried fruits.
- Potassium helps keep a healthy blood pressure.

- Vitamin C is high in citrus, strawberries, and melons.
- Vitamin C helps heal our cuts, fights infection, and helps absorb iron.

Help Chef Solus find his way to the farm to get more fresh fruits!

Start

End

ACE PILOT CERTIFICATE

Cut out your certificate and write in your name!

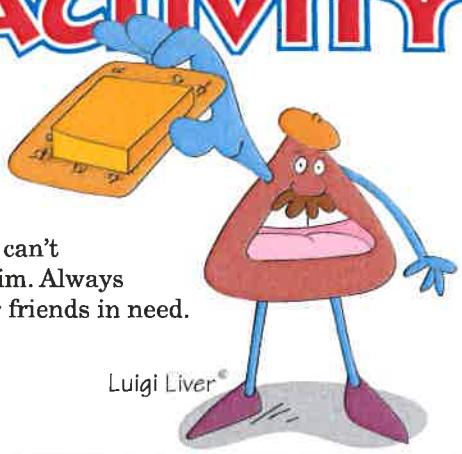
The fun way to learn about nutrition.

For older kids!

THE ORGANWISE GUYS ACTIVITY

Well hey there,

One of my favorite times of the school day is snack time. Enjoying some whole wheat crackers with cheddar cheese or broccoli with low-fat ranch dressing, there's nothing better! That's why when I saw my friend at school without a snack, I went home and asked my parents if we could pack an extra snack for him. My parents said it was no problem. So today, I gave my friend my extra snack, and he was thrilled. He said his parents can't pack him an extra snack, so my small act of kindness really meant a lot him. Always remember, just because gift-giving season is over, we can still help out our friends in need.



Keep livin' OrganWise,
Luigi Liver

Hardy forgot his snack at home. Look at the snacks below and tell him the fewest amount of quarters, dimes and nickels he would need to buy each snack!

80 cents =

_____ quarters
_____ dimes
_____ nickels

45 cents =

_____ quarters
_____ dimes
_____ nickels

65 cents =

_____ quarters
_____ dimes
_____ nickels

90 cents =

_____ quarters
_____ dimes
_____ nickels

THE ORGANWISE GUYS

Lesson 7: Get Your Calcium-Rich Foods

Objectives

- ❖ Students will identify foods rich in calcium.
- ❖ Students will understand the importance of choosing low-fat dairy.

Calcium-Rich

- Calcium – a mineral found in the Dairy Group.
  - o Helps strengthen our bones and teeth.
  - o Works with Vitamin D.

- Low-fat v. Full-fat
  - o Same amount of calcium
  - o Same amount of vitamins
  - o Same amount of protein
  - o Only difference?

- We also need to do weight-bearing activities.

- Non-dairy sources
  - o Broccoli, spinach, dairy alternatives

For older kids!

THE ORGANWISE GUYS ACTIVITY

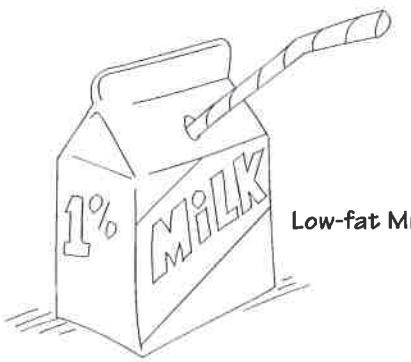
Hey team,

In case you don't know, the Foods of the Month are healthy foods you should make sure to pay extra-special attention to each month. This month, low-fat dairy is one of the Foods of the Month. I know what you're thinking: "I need to have more low-fat dairy in my diet, but how?" Well, I'm here to help! Start out with some delicious low-fat vanilla yogurt in the morning. Add in some blueberries for some extra tasty flavor! During lunch, be sure to choose low-fat milk or low-fat chocolate milk to wash down your veggies (you did get some calcium-rich veggies, right?!). For dinner, ask your parents for a whole-grain grilled cheese, using low-fat cheddar of course. I recommend dipping the grilled cheese in some tomato soup. It's delicious! Be on the lookout for other ways you can include low-fat dairy into your diet!

Talk to you later,
Calci

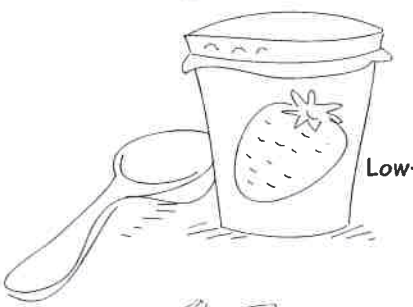
Make OrganWise Choices. Then color them.

Circle which items contain this month's Food of the Month, low-fat dairy!

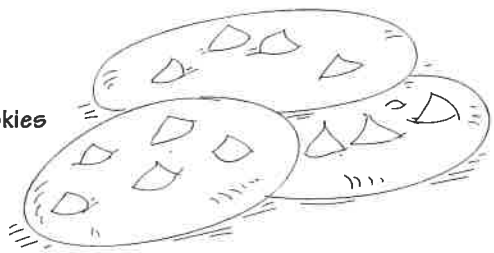


Low-fat Milk

Soda

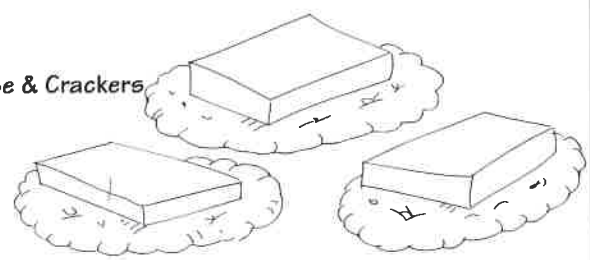


Low-fat Yogurt



Cookies

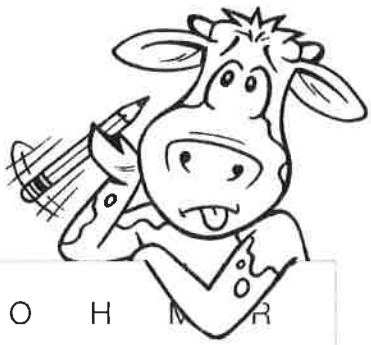
Chips & Salsa



Cheese & Crackers

THE ORGANWISE GUYS

Meet the Milk Makers!



Read the **Meet the Milk Makers** clues, then look for the correct answer in the word list. When you've matched the words to the clues, look for the **Meet the Milk Makers** words in the word search. Words can be found in the diagram reading forward, backward, up and down.

B	H	P	S	R	X	N	I	E	T	S	L	O	H	M	R
N	R	O	H	T	R	O	H	S	G	N	I	K	L	I	M
P	E	N	N	S	Y	L	V	A	N	I	A	K	O	B	P
R	S	L	A	F	C	U	M	Z	L	V	B	M	P	R	Q
G	L	Y	D	R	E	H	P	I	J	D	K	L	Q	O	S
B	J	Q	G	M	D	R	Y	C	O	W	Y	R	P	W	A
Z	C	O	W	N	A	R	W	X	D	L	S	H	R	N	I
O	K	V	S	D	J	B	E	V	S	X	J	W	B	S	N
D	R	A	F	W	E	D	S	G	I	H	Y	T	L	W	R
I	G	D	L	Y	R	E	R	I	H	S	R	Y	A	I	O
V	H	O	A	P	S	K	D	S	E	O	S	E	D	S	F
O	E	P	C	Z	E	T	S	Y	I	I	K	D	O	S	I
B	R	L	A	M	Y	U	X	P	F	X	A	R	Q	T	L
T	I	K	N	R	T	S	G	U	E	R	N	S	E	Y	A
O	S	J	M	S	W	H	U	Y	R	E	X	V	Z	O	C

Words & Clues

Ayrshire
Bovid
Brown Swiss
Calf
California
Cow
Dry cow
Guernsey
Heifer
Herd
Holstein
Jersey
Milking Shorthorn
Pennsylvania
Sire

What is the most popular breed of dairy cows?
What is the number one milk-producing state?
This breed of dairy cow is an excellent grazer and produces milk that is golden in color.
What do we call a cow that is not producing milk? (2 words)
This breed of dairy cow has big eyes and a docile nature.
What is another name for a cloven-hoofed animal?
What is another name for a baby cow?
What state ranks fifth in milk production?
What do we call a young female cow that has not yet given birth to a calf?
What do we call a calf's father?
This Scottish breed of dairy cows is white with reddish spots.
What do we call a group of cows?
This animal is the number one milk producer in the United States.
This breed of dairy cows came from Switzerland. Its cows are known for their large ears.
This English breed of dairy cows is red, red and white, white, or roan.

MILK:
It Does a Student Body Good!

Funding for these materials provided in part by
Pennsylvania Department of Agriculture

Lesson 8: Go Lean with Protein

Objectives

- Students will identify the sources of protein and fat.
- Students will know what protein and fat do for our bodies.

Protein & Fat

- Protein helps to build strong muscles in our bodies.
  - We need exercise, too.
  - Don't forget your heart is a muscle.
- Protein comes from both animals and plants.
  - Animals: chicken, turkey, fish, eggs, beef
  - Plants: beans, nuts, seeds

- Fat has important jobs in our bodies.
  - Protect our organs.
  - Keep us warm.
  - Helps carry some vitamins around our bodies.
- Too much fat can be harmful.

Planning for my protein needs

I need to eat 5 ounces a day from the Protein Foods Group. These count as 1 ounce:

- 1 ounce lean meat, poultry or fish
- ¼ cup cooked beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds
- ¼ cup tofu
- 2 tablespoons hummus

How I will fit 5 ounces from the Protein Foods Group into meals and snacks for a day:

Breakfast:

Morning snack:

Lunch:

Afternoon snack:

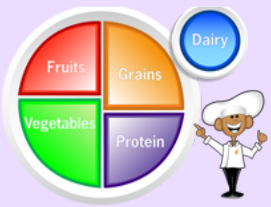
Dinner:

Evening snack:

Published by University of Missouri Extension and funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

Chef Solus Protein Group Word search Puzzle!

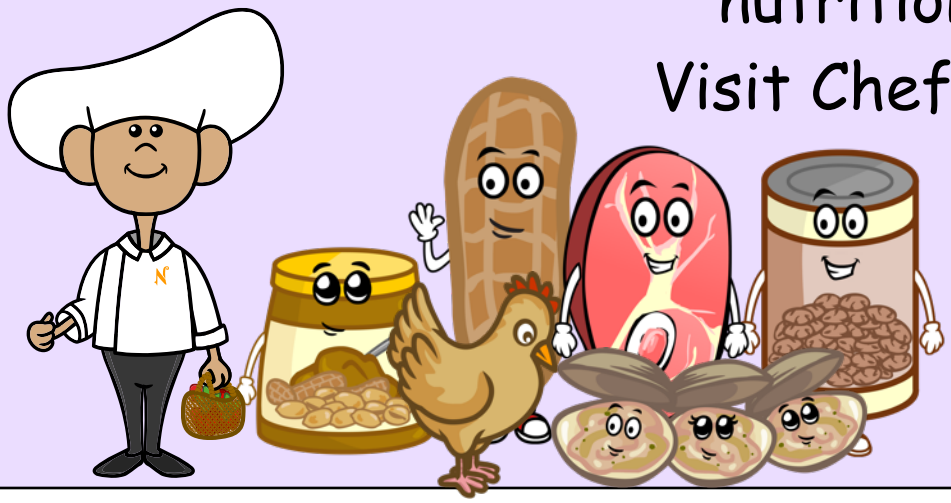
S	T	U	N	A	E	P	I	L	J
A	A	K	W	H	K	R	O	P	O
F	U	G	M	A	U	E	F	F	S
I	Y	Q	N	X	L	X	U	E	G
S	O	Y	B	E	A	N	S	E	G
H	M	V	X	H	K	V	U	B	E
N	A	E	L	X	S	C	P	T	Y
S	N	A	E	B	T	E	I	H	S
N	I	E	T	O	R	P	E	H	L
N	E	Y	F	L	F	Q	F	D	C
S	E	L	C	S	U	M	T	A	S



CHICKEN
SOYBEANS
PORK
FISH
BEANS
BEEF
WALNUTS
PROTEIN
SEEDS
PEANUTS
LEAN
MUSCLES
EGGS

Protein Group

For more fun nutrition games Visit ChefSolus.com



Lesson 9: Food Group Power

Objectives

- Students will review MyPlate.
- Students will show knowledge of the lessons from this school year.

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

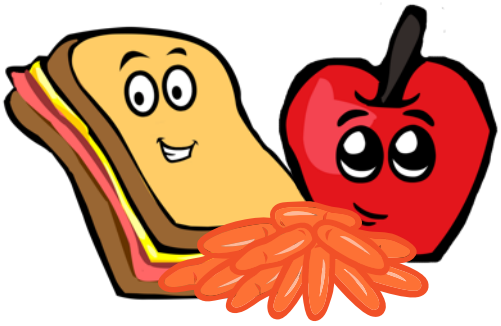
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

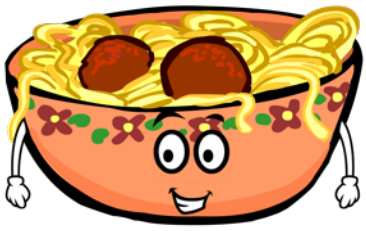
Finding the Food Groups

Combination Food have more than one Food Group.
Help the explorers find all the food groups in each of these dishes. Write your answers below the food

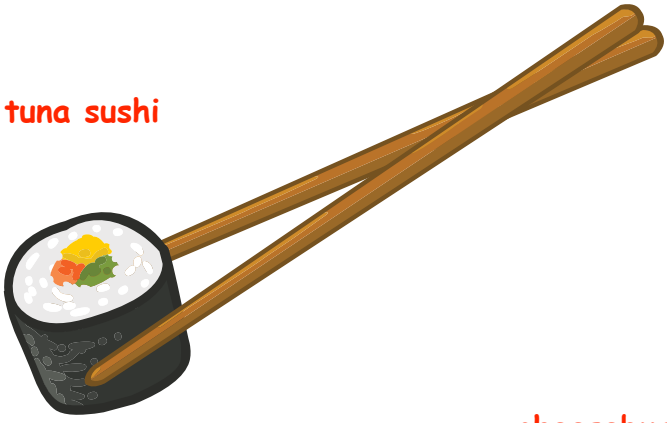
ham and cheese sandwich lunch



spaghetti and meatball

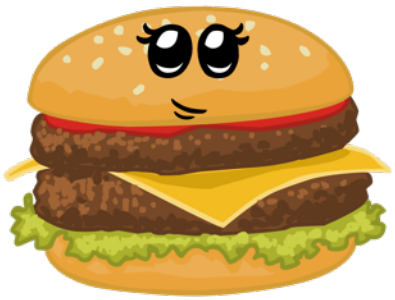


tuna sushi



beef tacos

cheeseburger



Answer Key:
Ham & cheese sandwich: protein, dairy, grains, vegetables, fruit
Spaghetti & meatball: grains, protein
Tuna Sushi: grains, vegetables, protein
Beef Tacos: grains, protein, vegetables, dairy
Cheeseburger: grains, protein, vegetables, dairy

Visit www.ChefSolus.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!

For older kids!

THE ORGANWISE GUYS ACTIVITY

Hi-ya kids,

We are inching toward the first official day of spring, and we could not be more excited! It has been an extremely cold winter this year with lots of snow, which is fun, but you know what we love? Water! We can't wait to spend time on the lake, at the beach, and in the pool! Heck, we're even excited about watering the garden! But until then, don't forget to water yourselves with six to eight glasses of water each day!

Later,
Kidney Bros.

What are you excited to do in this warm weather? Draw it below!

THE ORGANWISE GUYS

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462. USDA is an equal opportunity provider.