

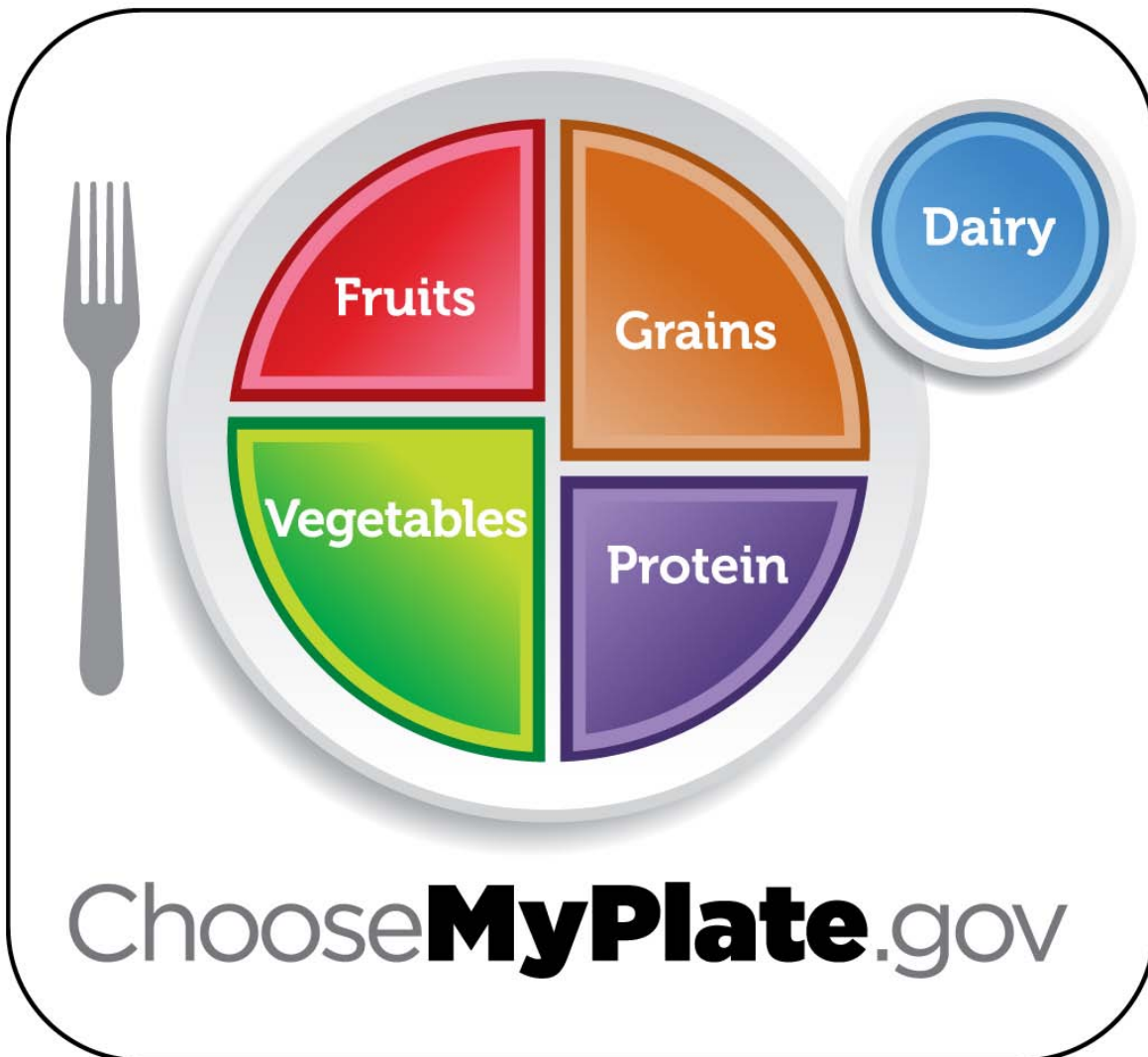
Adagio Health's Power Up

2nd Grade Workbook



Curriculum: Show Me Nutrition

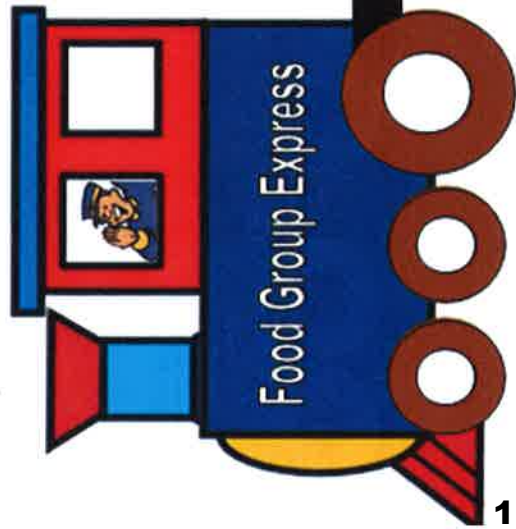
Name _____



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www.powerupeatright.com

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Food Group Express

 Food Safety

 MyPlate

Oats, Wheat,
and Rice

Vegetables

 Fruits

Don't Spill
the Milk


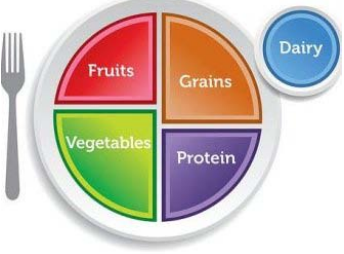







Fish, Beans, Nuts
Go Protein!

 Groovin'
and Moovin'

MyPlate
Review

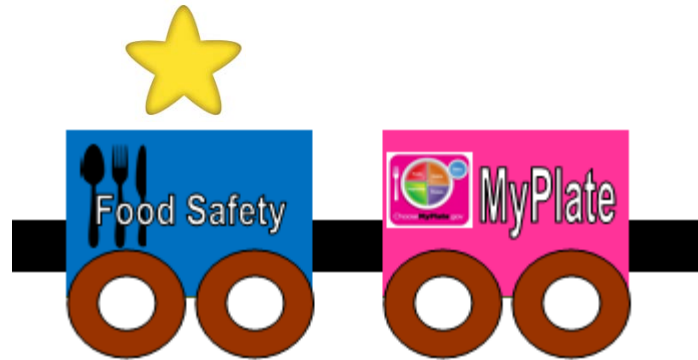
 Happy
Summer!

2nd Grade Power Up Lesson Calendar

<p>Lesson 1 Food Group Express: Food Safety</p> 	<p>Lesson 2 Food Group Express: MyPlate</p> 	<p>Lesson 3 Grains: Oats, Wheat and Rice</p> 
<p>Lesson 4 Coming Down the Tracks: Vegetables</p> 	<p>Lesson 5 Fruits Rumble Down the Tracks</p> 	<p>Lesson 6 Dairy: Don't Spill the Mik</p> 
<p>Lesson 7 Fish, Beans, Nuts: Go Protein</p> 	<p>Lesson 8 Groovin and Moovin: Physical Activity</p> 	<p>Lesson 9 MyPlate Review</p> 

Lesson 1: Food Group Express

Food Safety



Objective:

- 🍎 Learn how to wash our hands to keep germs away.
- 🍎 Learn how to keep our food safe from bacteria.



Food Safety Words



Put these important food safety words in alphabetical order.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Thermometer

Bacteria

Soap

Food Poisoning

Contaminate

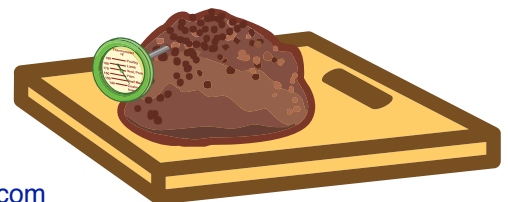
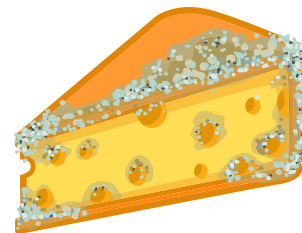
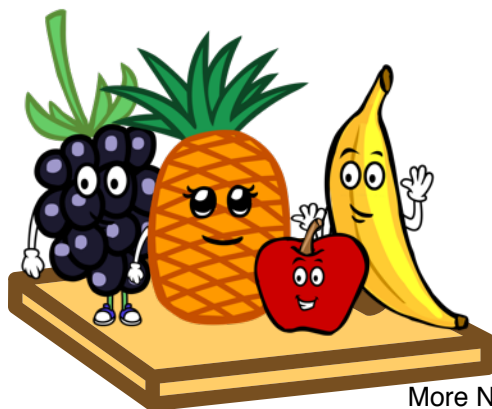
Wash Hands

Safe

Clean

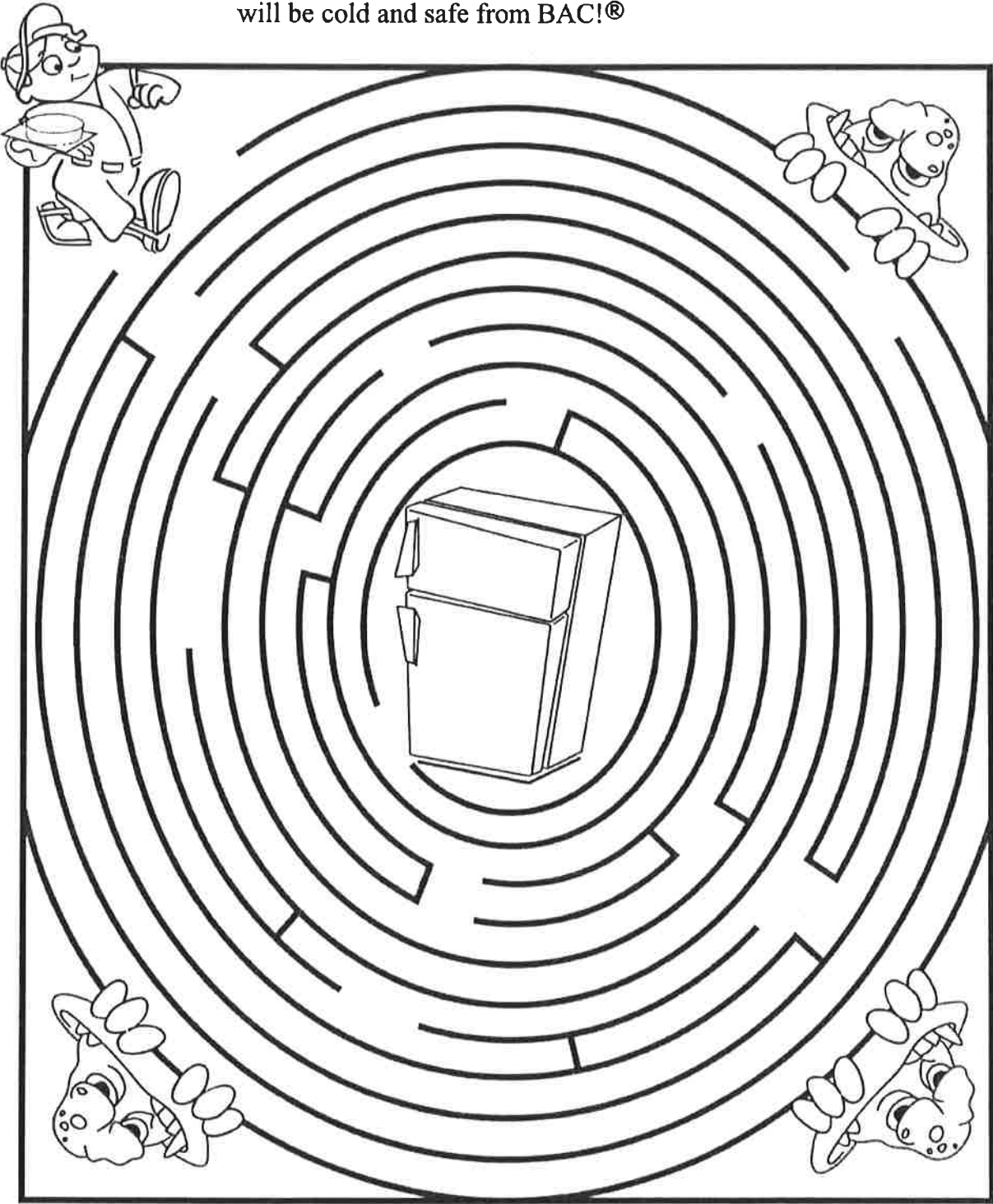
Mold

Separate

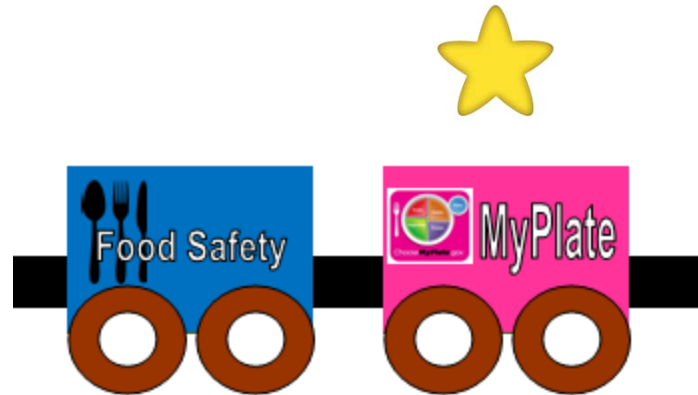


THE A-MAZE-ING REFRIGERATOR FIGHTS BAC![®]

Help Raji get the luncheon meat back into the refrigerator where it will be cold and safe from BAC![®]

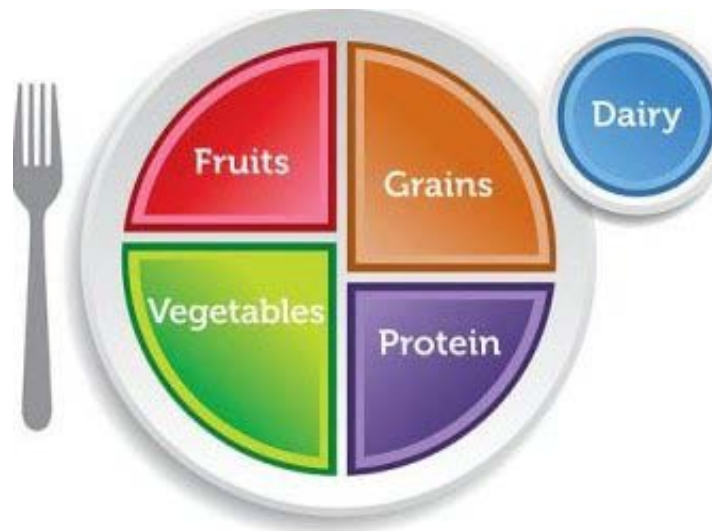


Lesson 2: Food Group Express: MyPlate



Objective:

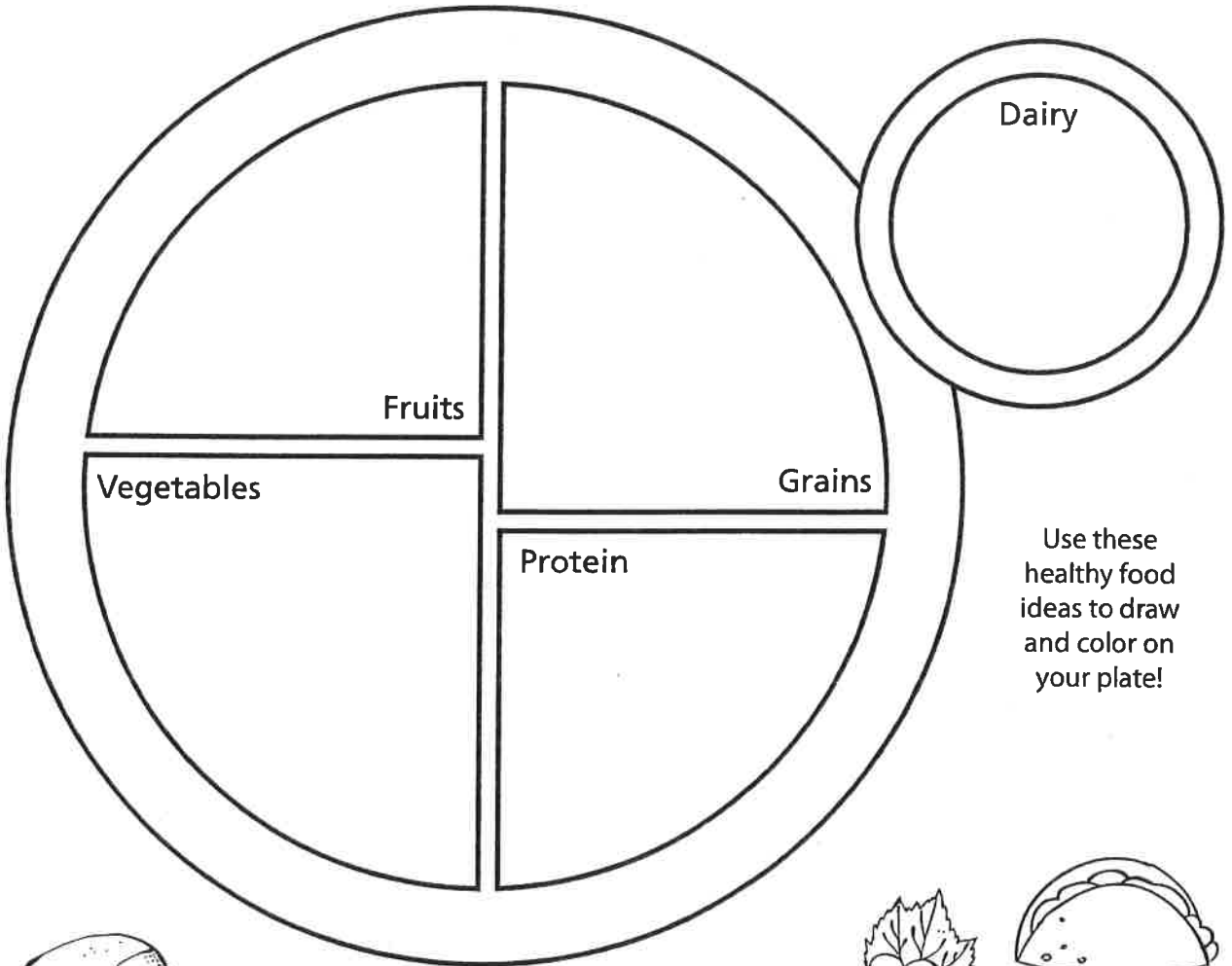
- 🍎 Learn about the 5 food groups on MyPlate.



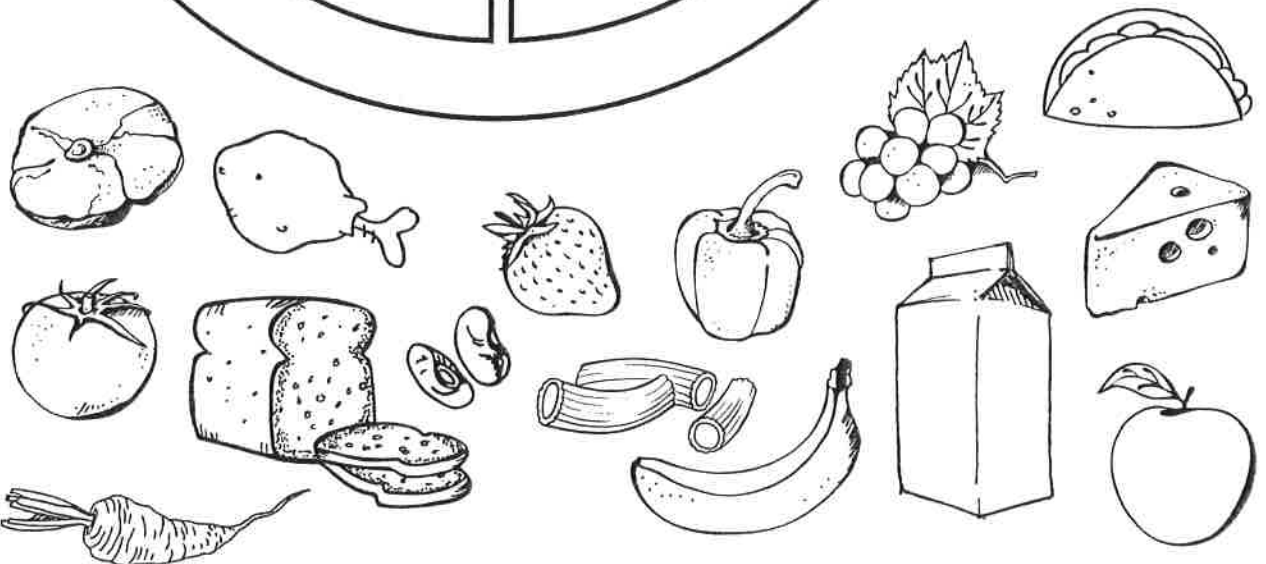
- 🍎 MyPlate shows us the different food groups we should eat from every day. Each group gives our bodies something special.

COLOR YOUR PLATE

Draw your favorite foods in their correct food group on MyPlate.



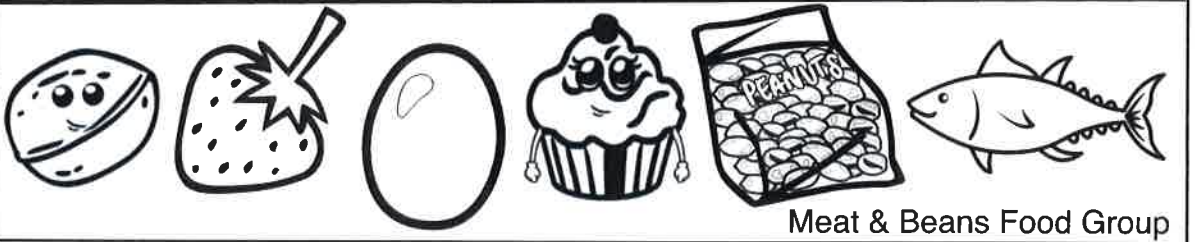
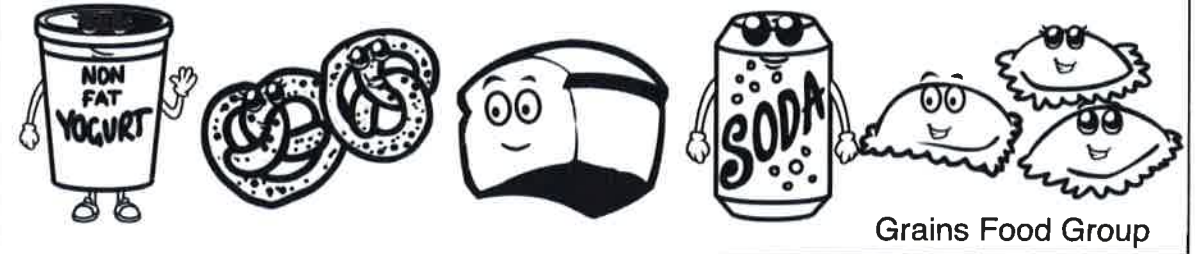
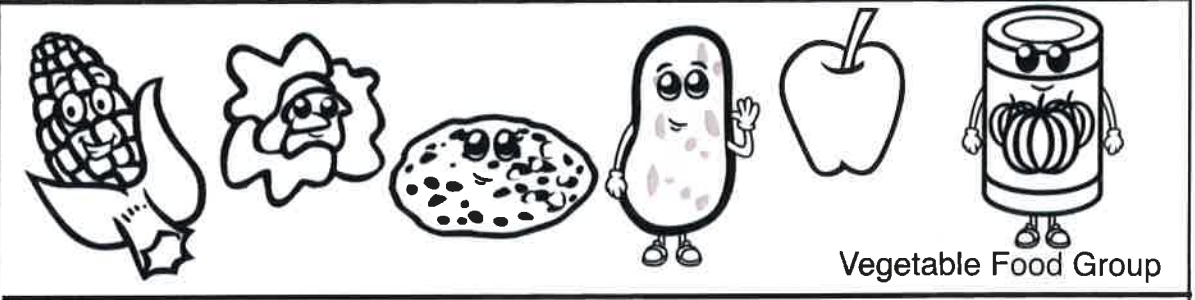
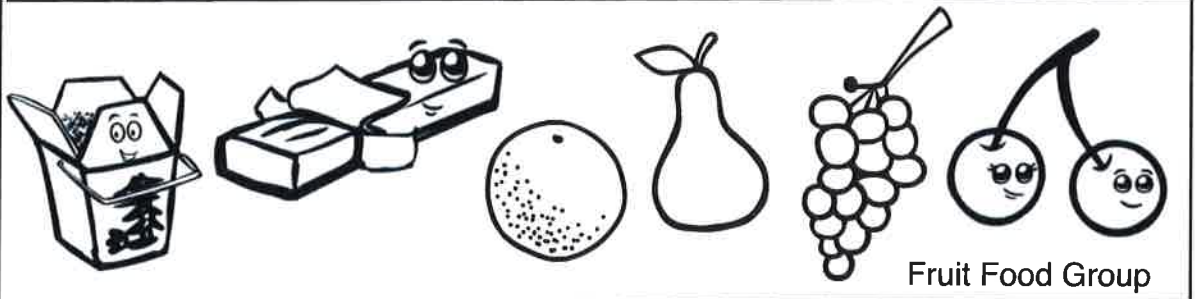
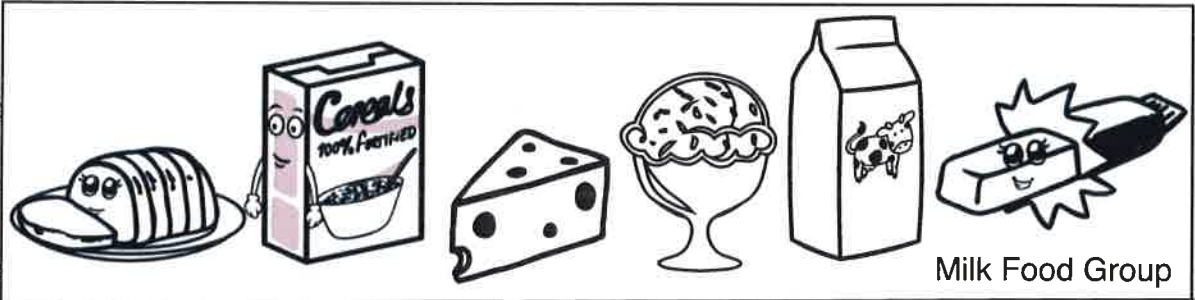
Use these healthy food ideas to draw and color on your plate!



Choose **MyPlate.gov**

Organize the Food Group Worksheet

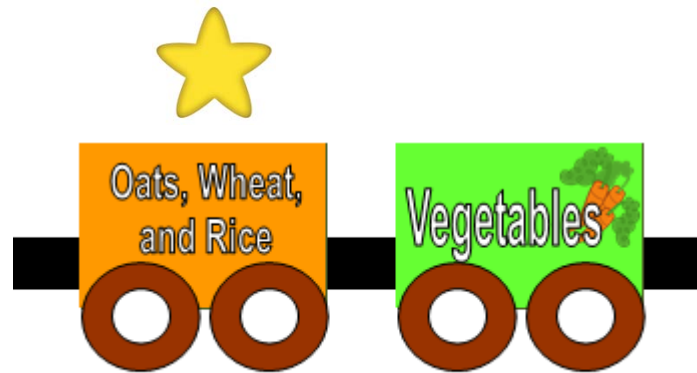
Circle the pictures that belong in the food group.
 Oops. Some food don't belong in My Plate. Cross those out!
 Color the picture!



Answer Key:
 Dairy- cheese, ice cream, milk
 Fruit- orange, pear, grapes, cherry
 Vegetable- corn, potato, pumpkin
 Grains- pretzels, bread, pasta
 Protein- nut, egg, peanuts, fish

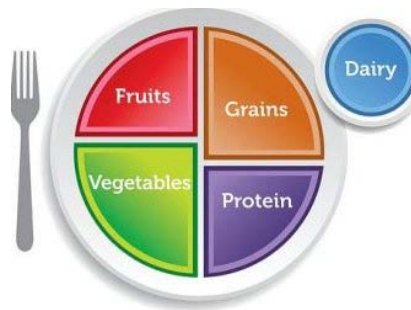


Lesson 3: Grains: Oats, Wheat and Rice

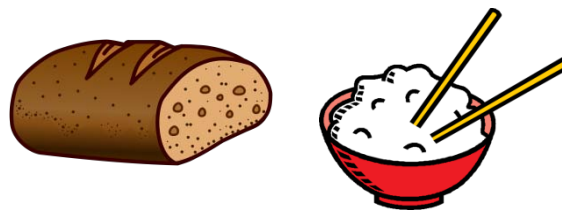


Objectives:

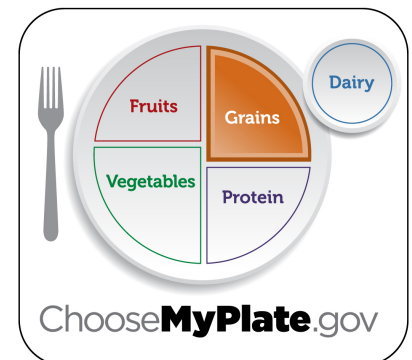
🍎 Last month we talked about the MyPlate.



🍎 Today, learn about the Grains Group on MyPlate. Grains are special because they give our bodies energy.

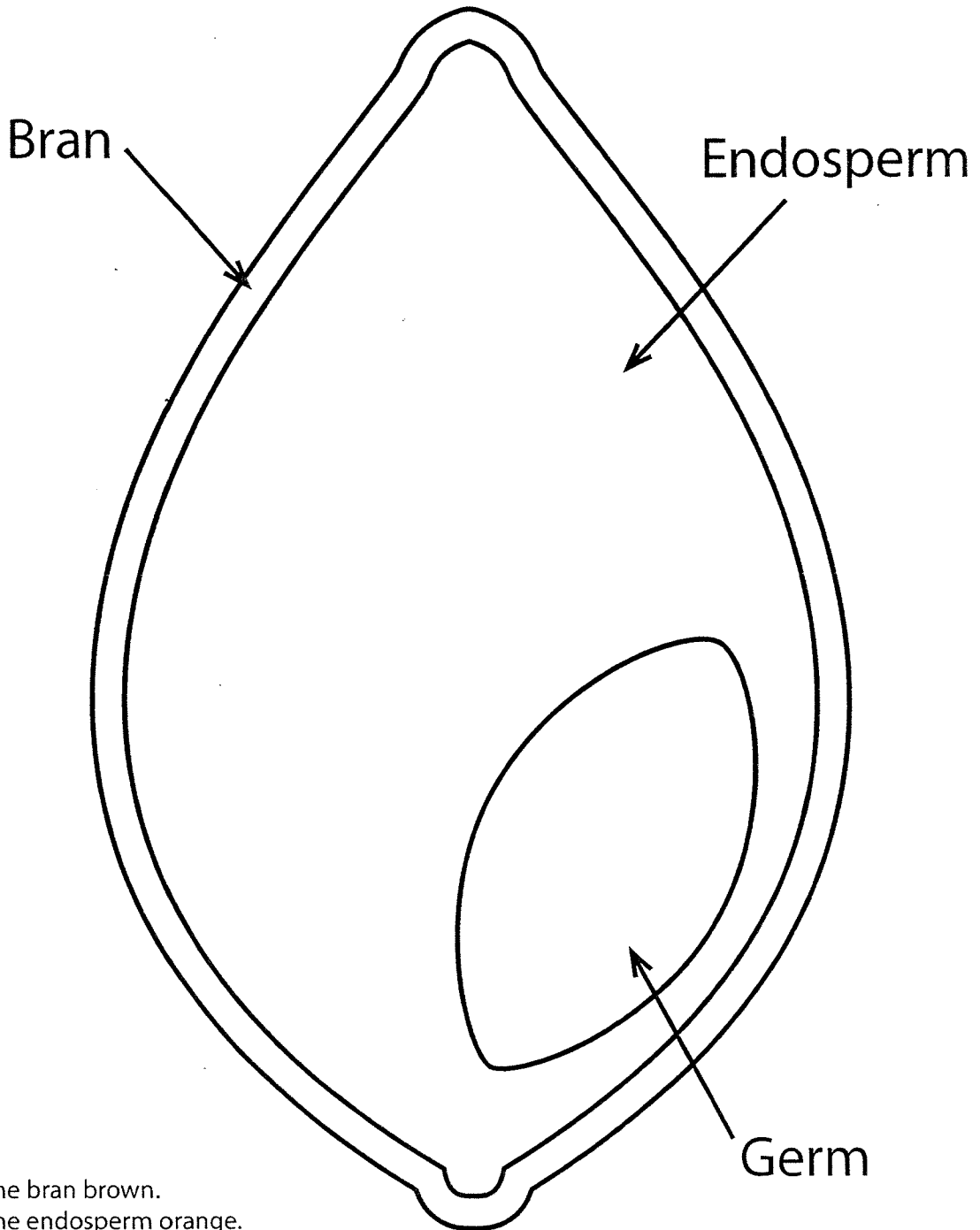


🍎 There are many different grains.



Parts of a whole-grain seed

Whole grain foods and foods made from them use the entire grain seed, this is called a kernel.
The kernel is made of three layers, the bran, the endosperm and the germ.



Color the bran brown.
Color the endosperm orange.
Color the germ yellow.

Who Am I? The Grains Group

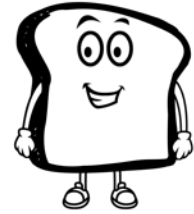


We are the grains food group. Can you guess our name? We come from different grains like oats, barley, wheat and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Draw a line from the grain food to the name.
Color the page when you are done!



oatmeal



bread



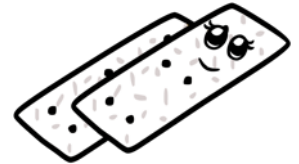
pancake



ravioli



rice



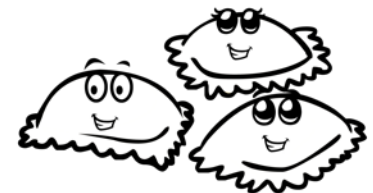
popcorn



spaghetti



cereal



bagel

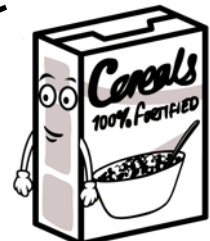


waffle

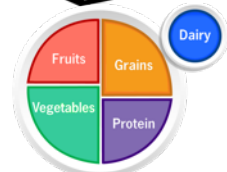


cracker

pretzel

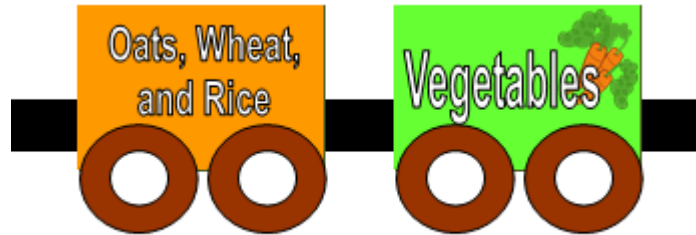


macaroni



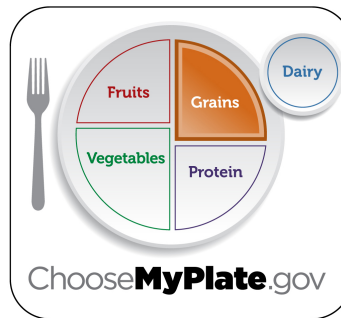
Lesson 4: Coming Down the Tracks

Vegetables



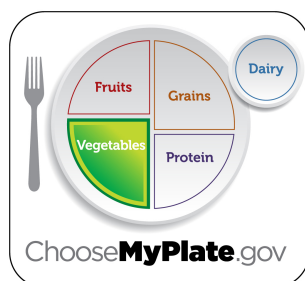
Objectives:

🍎 Last month we talked about the grains group.



🍎 Today, learn about the Vegetable Group on MyPlate.

🍎 Vegetables help our cuts and bruises heal, help us fight germs, and help us see in the dark.



Who Am I? The Vegetable Group

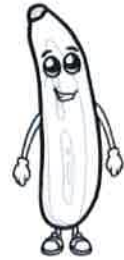
We are the vegetable food group. Can you guess our name? We come in different sizes and shapes. But we all taste great. Eat green and orange vegetables everyday and you feel great and be healthy!



Draw a line from the vegetable to the name.
Color the page when you are done!



zucchini



onion

garlic



celery



broccoli

lettuce



carrot

yam



cucumber



corn



mushroom

tomato



radish



Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

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

Fruit and Vegetable Goals

Name a fruit you would like to try:

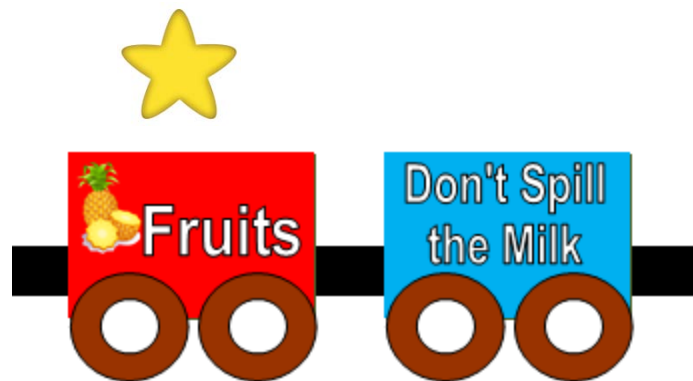
How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

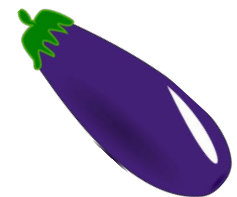
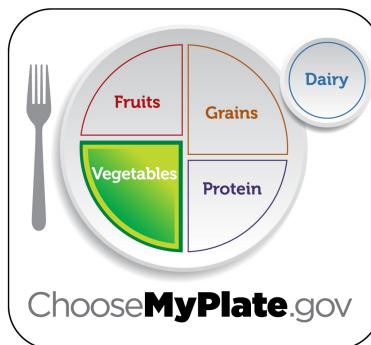
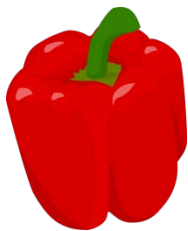


Lesson 5: Fruits Rumble Down the Tracks



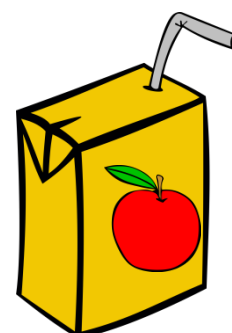
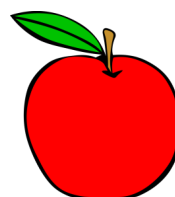
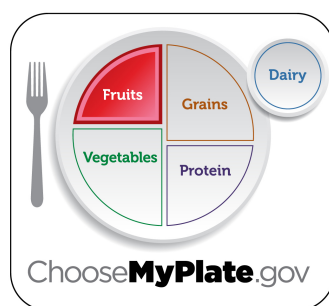
Objectives:

🍎 Last month we talked about the vegetable group.



🍎 Today, learn about the Fruit Group.

🍎 Fruits can be fresh, frozen, canned, dried, or juiced!

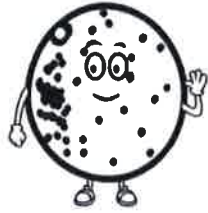


Who Am I? The Fruit Group

We are the fruit food group. Can you guess our name? We come in different sizes and shapes. But we all taste great. Eat us everyday and you will feel great and be healthy!



Draw a line from the fruit to the name.
Color the page when you are done!

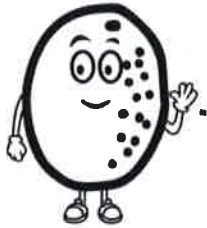


pear



plum

watermelon



grape

asian pear

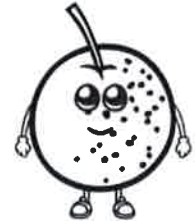


kiwi

strawberry

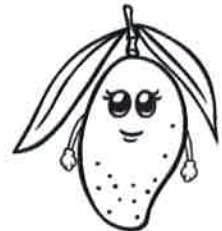


peach



orange

pineapple

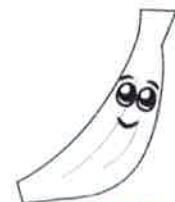


banana

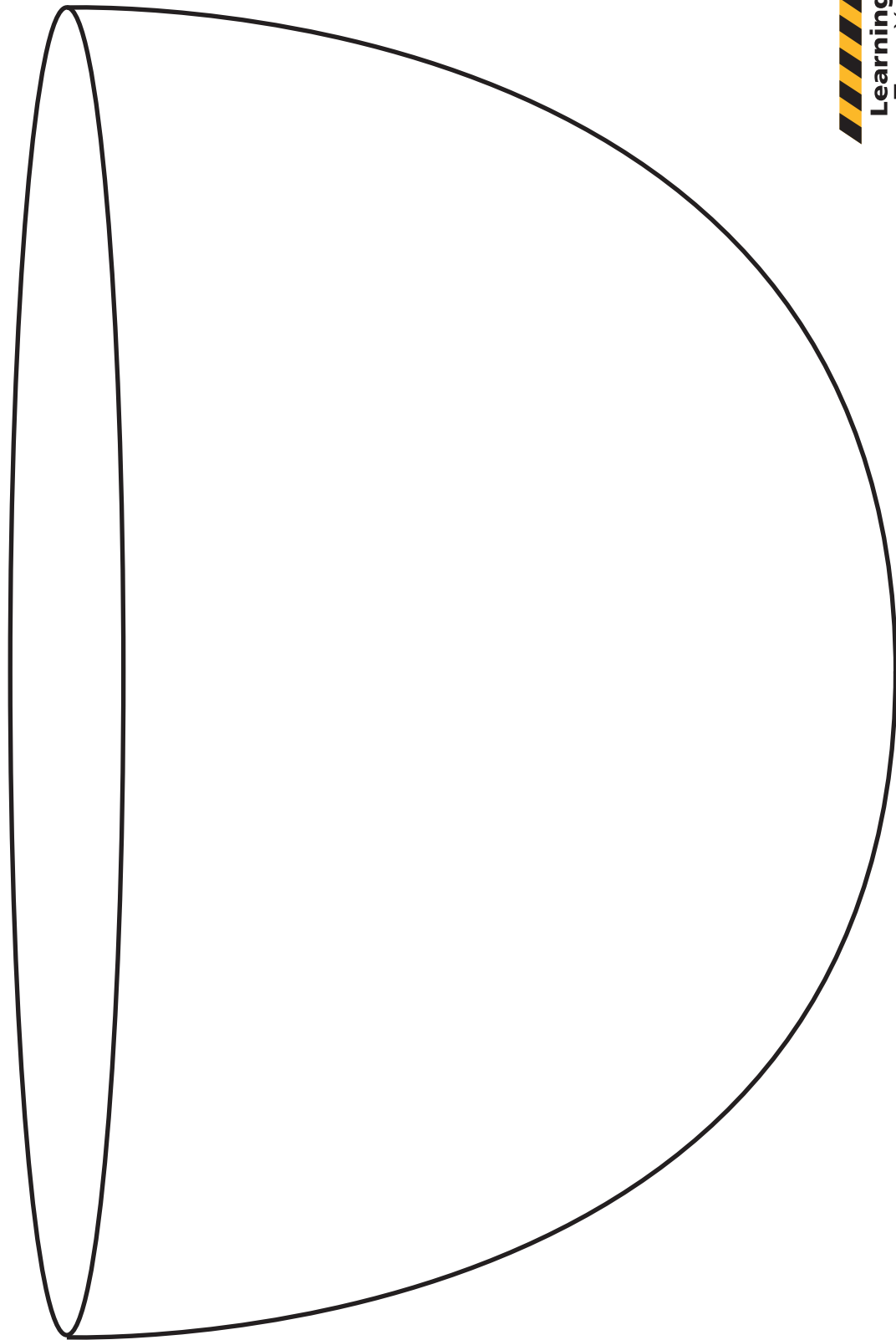
apple



mango



How many different types of **FRUIT** can you fit into the bowl?

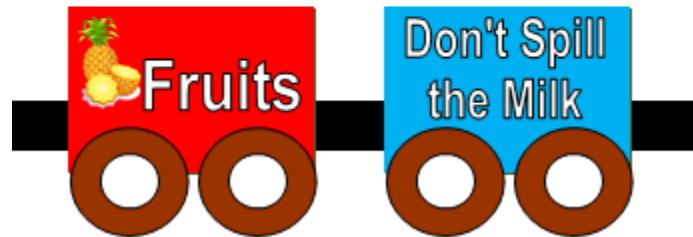


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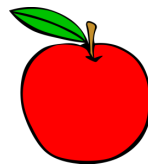
Lesson 6: Don't Spill the Milk

Dairy

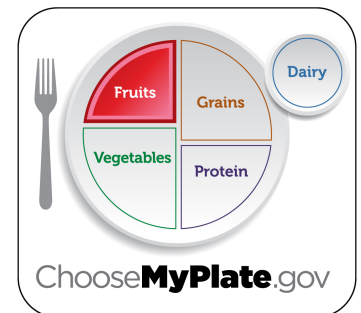



Objectives:


 Last month we talked about the fruit group.

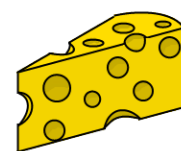
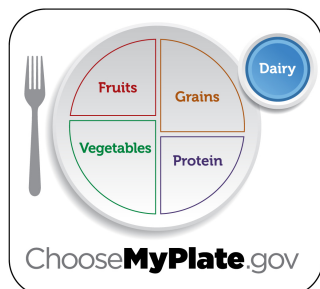


 Today, learn about the Dairy Group.



 The calcium in our Dairy foods helps to keep our teeth and bones strong.

 Milk, cheese, and yogurt belong in the Dairy Group, as well as ice cream.



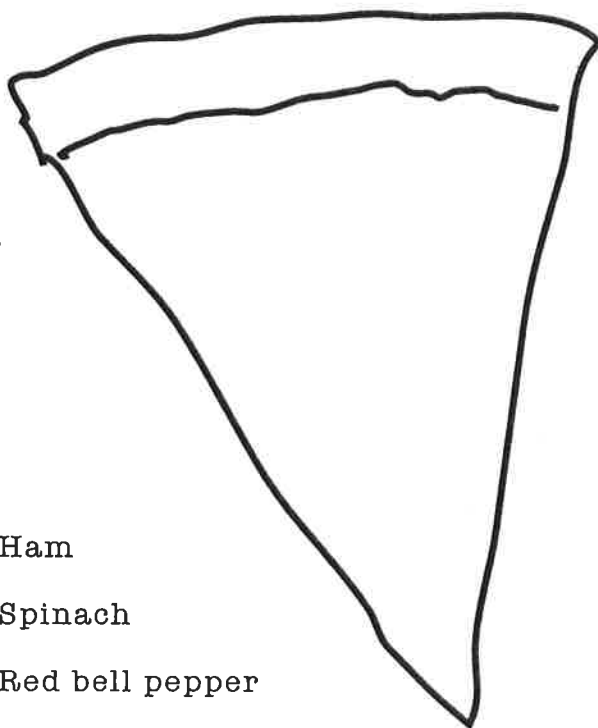
I LOVE PIZZA!

Who doesn't love pizza? It's yummy. Sometimes pizza is called junk food even though it contains lots of things that are good for us (nutrients).

Pizza can be healthy if you know how to pick the right kind. Vegetables, like peppers, mushrooms, or tomatoes are tasty toppings that are healthy to eat. Meats, like sausage or pepperoni, are high in fat and are not as good for us.

What is your favorite kind of pizza? Draw your favorite toppings on the slice below.

In the list below, circle the healthiest pizza toppings that you'd like to try on your pizza.



Green peppers

Mushrooms

Tomatoes

Onions

Canadian bacon

Pineapple

Ham

Broccoli

Chicken

Spinach

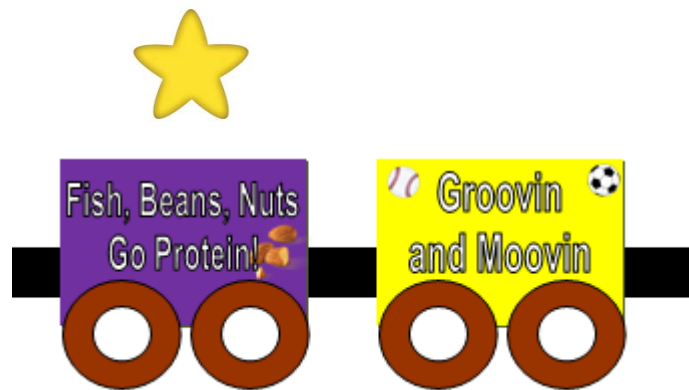
Zucchini

Shrimp

Red bell pepper

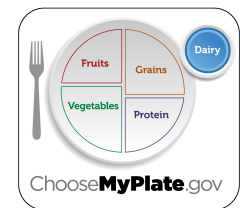
Can you think of any other toppings that would be healthy and tasty on pizza?

Lesson 7: Fish, Bean, Nuts - Go Protein



Objectives:

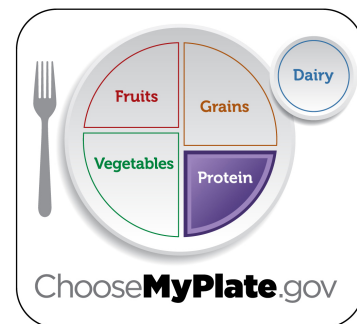
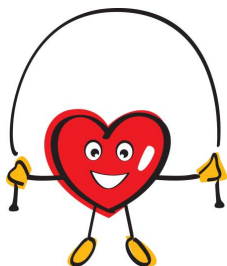
🍎 Last month we talked about the dairy group.



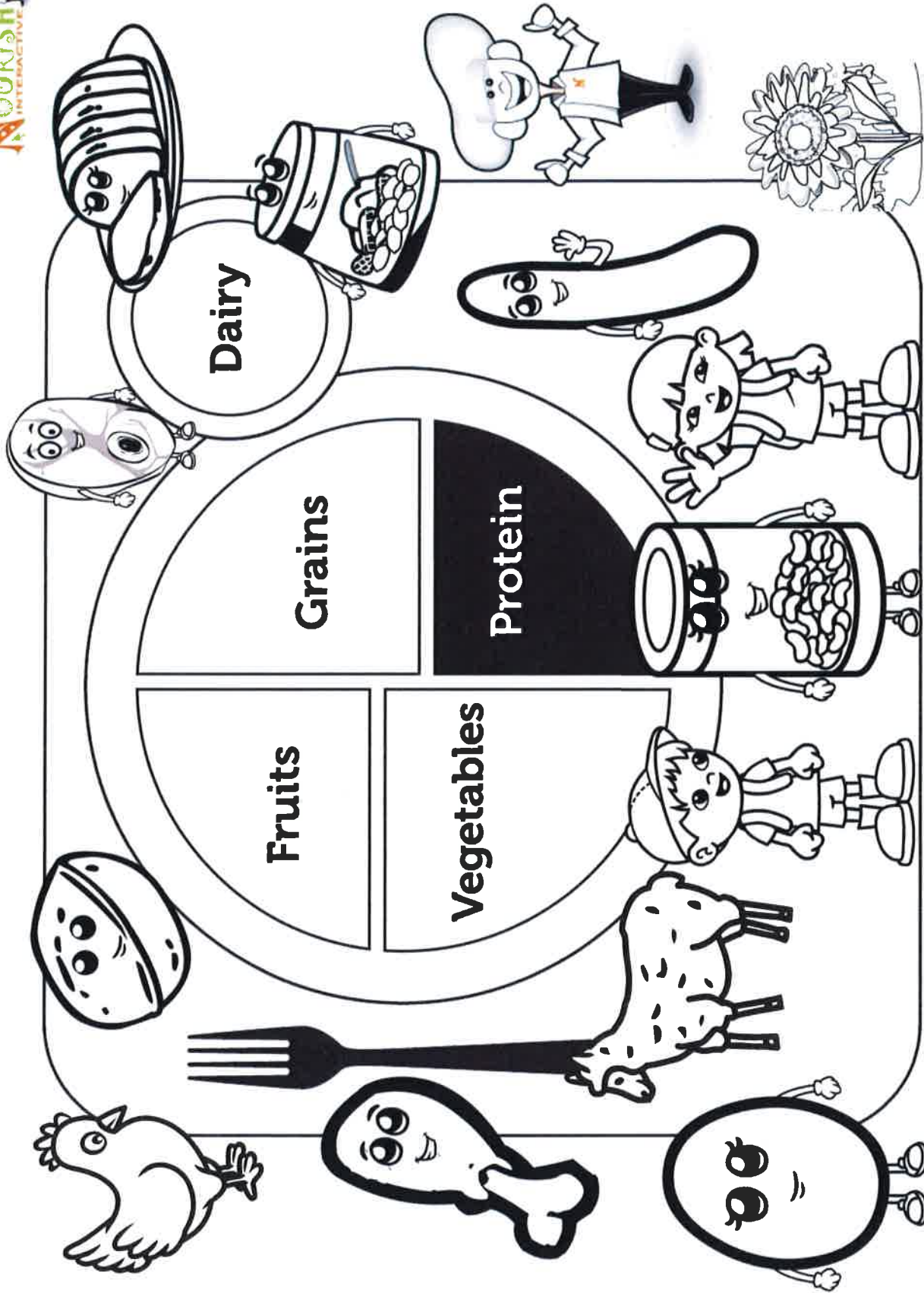
🍎 Today, learn about the Protein Group.

🍎 Protein can come from animal or plant sources.

🍎 Meat, beans, fish, nuts, eggs, and seeds all belong in the Protein Group.



🍎 Eating from the Protein Group and being physically active helps to build strong muscles.



Chef Solus Protein Group Word search Puzzle!

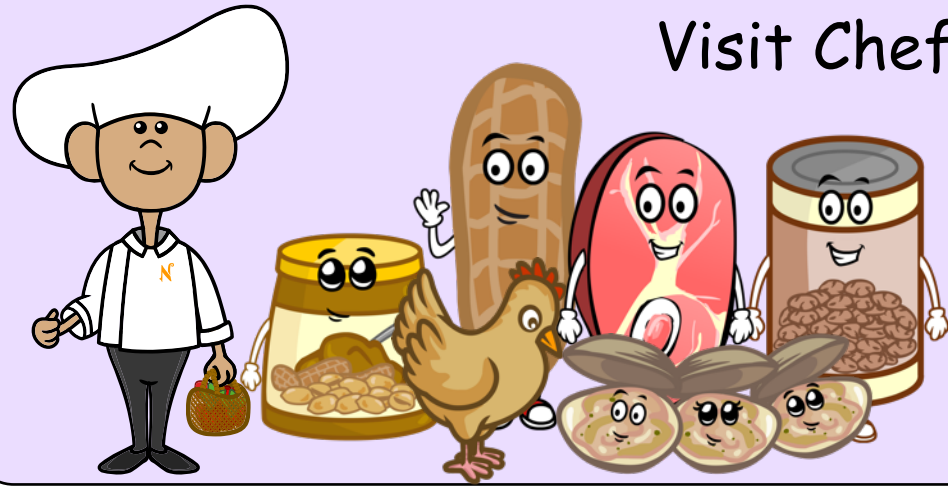
F P B T C S X M K
 H M O E U M E O R
 T W N G E N K H O
 W B E G S F A W P
 W X I S S D E E S
 S P E U X E N A P
 X N F M D V F C K
 W P A I V U O C D
 I X A E S M Z K M
 J W I F B H S H A
 E P R L S A Q E U



PORK
 FISH
 BEANS
 BEEF
 SEEDS
 PEANUT
 EGGS

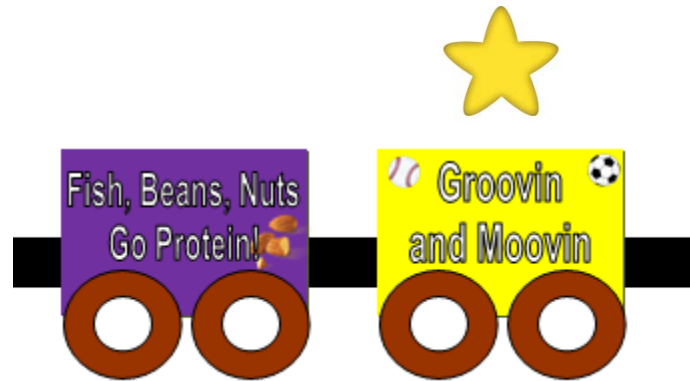
Protein Group

For more fun
 nutrition games
 Visit ChefSolus.com



Lesson 8: Groovin and Moovin

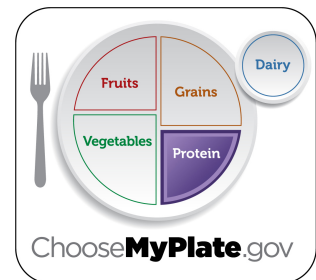
Physical Activity



Objectives:

🍎 Last month we talked about the Protein group.

🍎 Today, learn about Physical Activity.



🍎 Physical Activity makes our muscles stronger and keeps our heart healthy.

🍎 We need one hour (or 60 minutes) of physical activity every day.



Explorers Are Active Worksheet



Explorers need to exercise their hearts every day for at least one hour. Write **active** or **not active** under each picture.



not active



















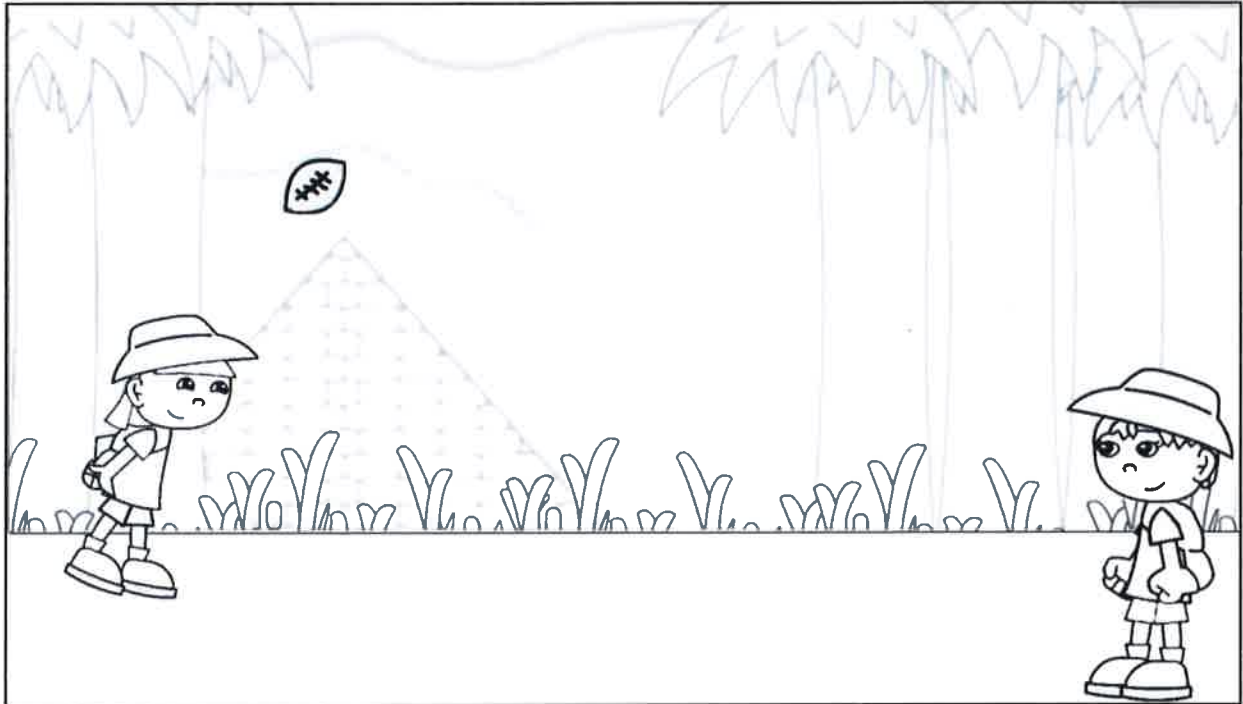




Be Active Every Day for at Least 60 minutes
and you will be a 'Move-It" Kid!



After kicking the football, explorers like to throw it. Color this picture.

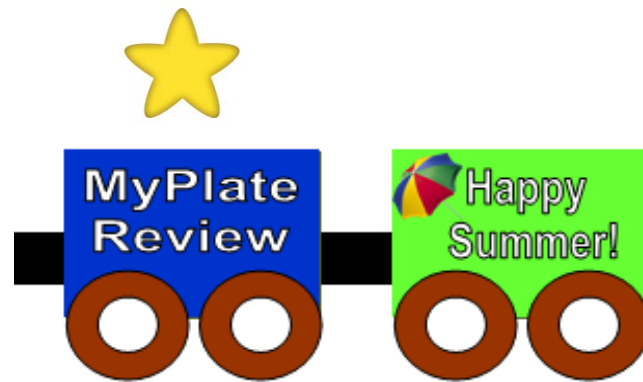


Explorers eat healthy foods so they have energy to be active, play and have lots of fun.
Can you find the words hidden in this puzzle?

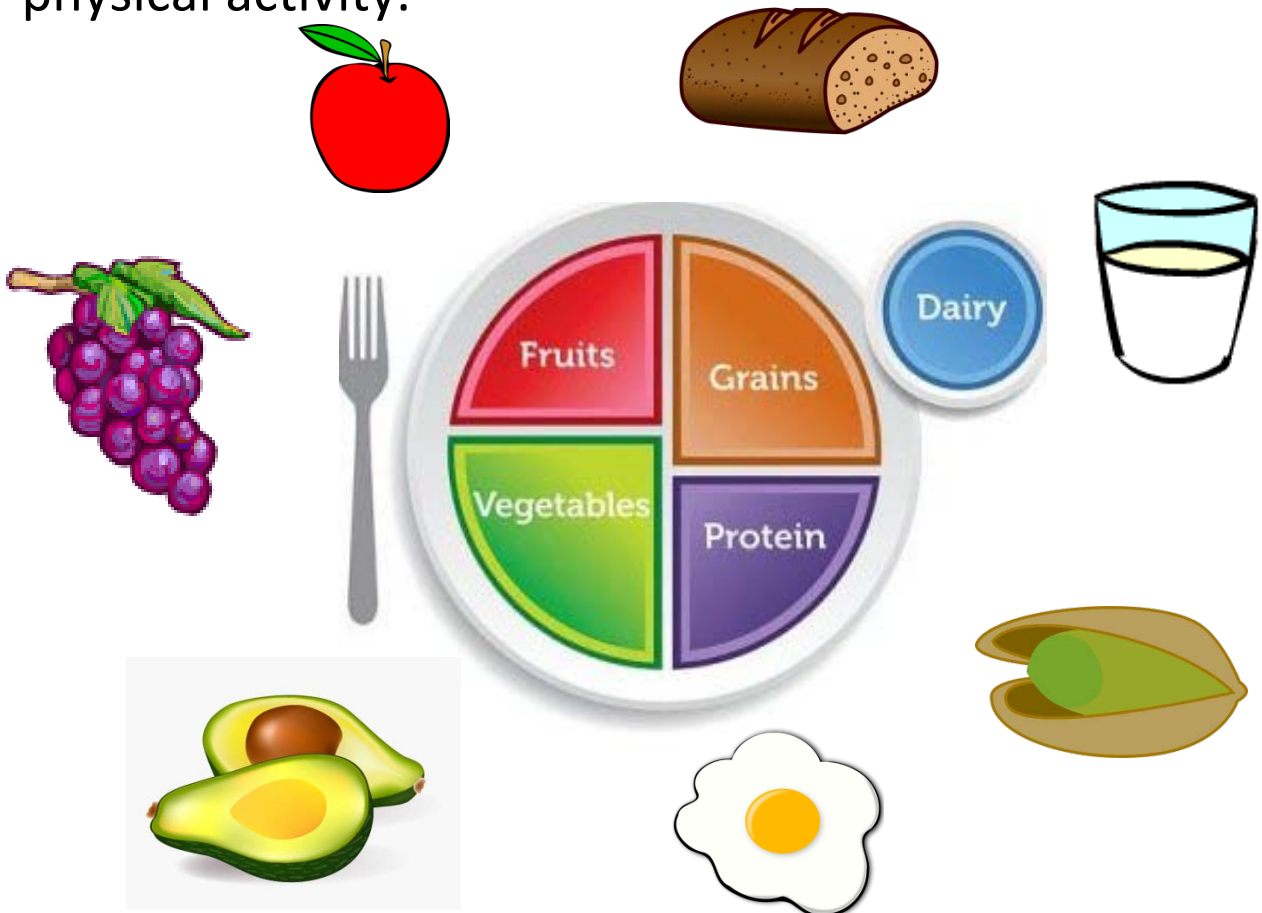
Y	D	E	V	O	M	J	P	N	G
I	G	E	C	J	Y	E	Y	I	J
D	M	A	Z	P	C	P	M	U	J
E	R	M	P	V	Z	J	M	Z	F
A	B	I	C	Y	C	L	E	I	X
A	C	T	I	V	E	R	C	T	A
J	L	P	E	F	U	N	N	H	N
W	A	L	K	P	Y	C	A	P	U
L	M	Q	R	R	B	G	D	M	R
C	L	F	Q	J	I	I	W	X	Y

ACTIVE
FUN
JUMP
RUN
BICYCLE
MOVE
WALK
DANCE

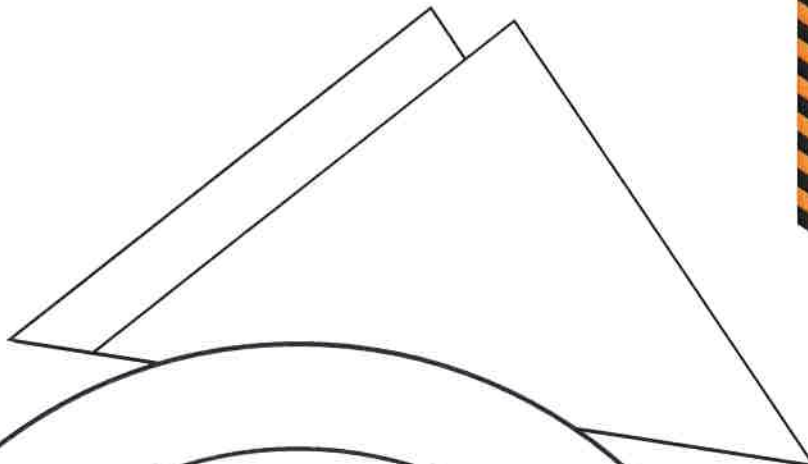
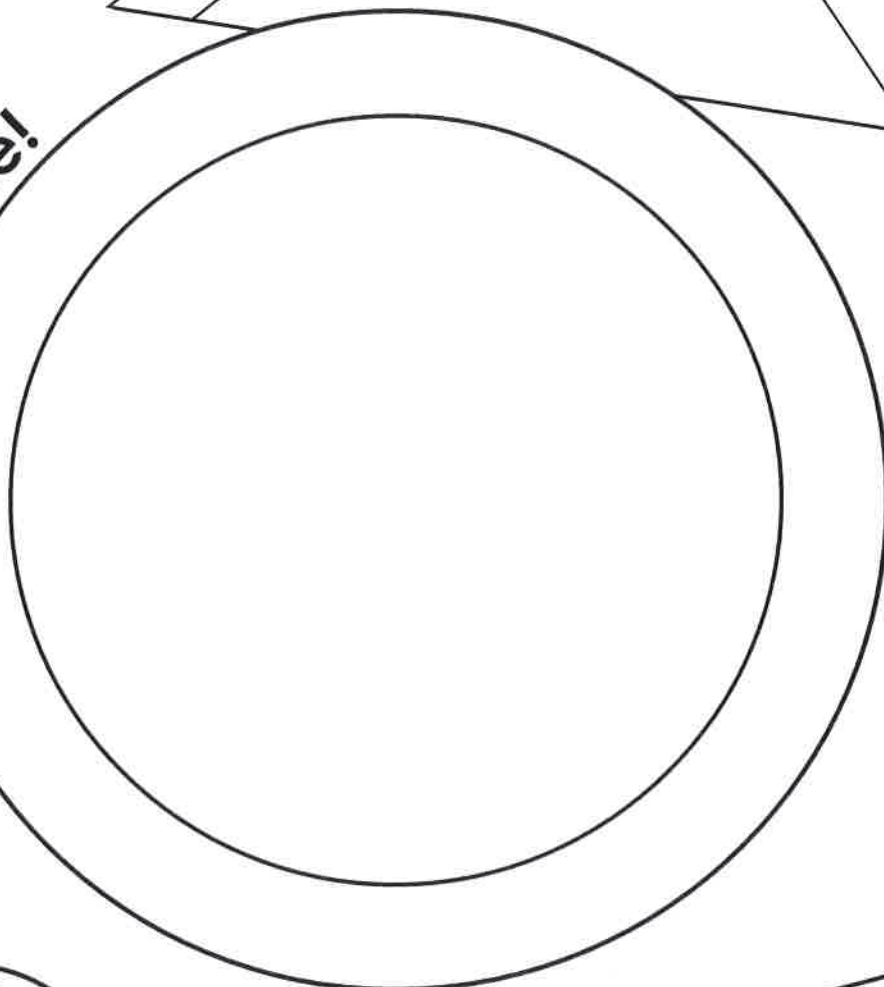
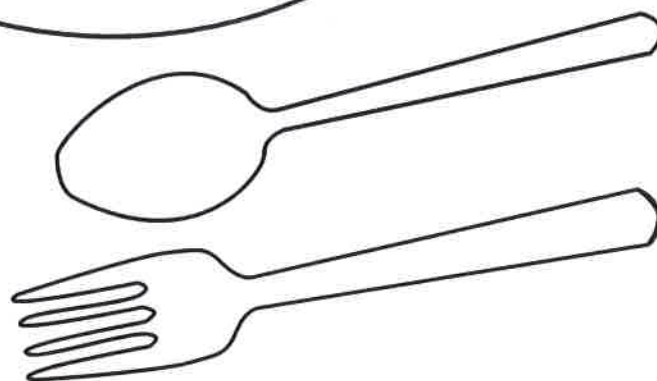
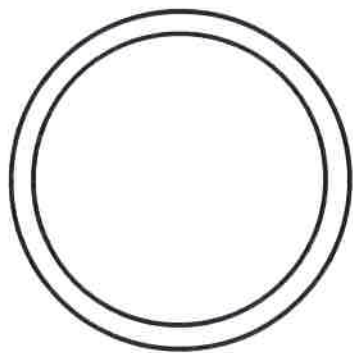
Lesson 9: MyPlate Review



🍎 Today we are going to review everything we have learned about MyPlate, food safety, and physical activity.



Draw what you just ate!



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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.