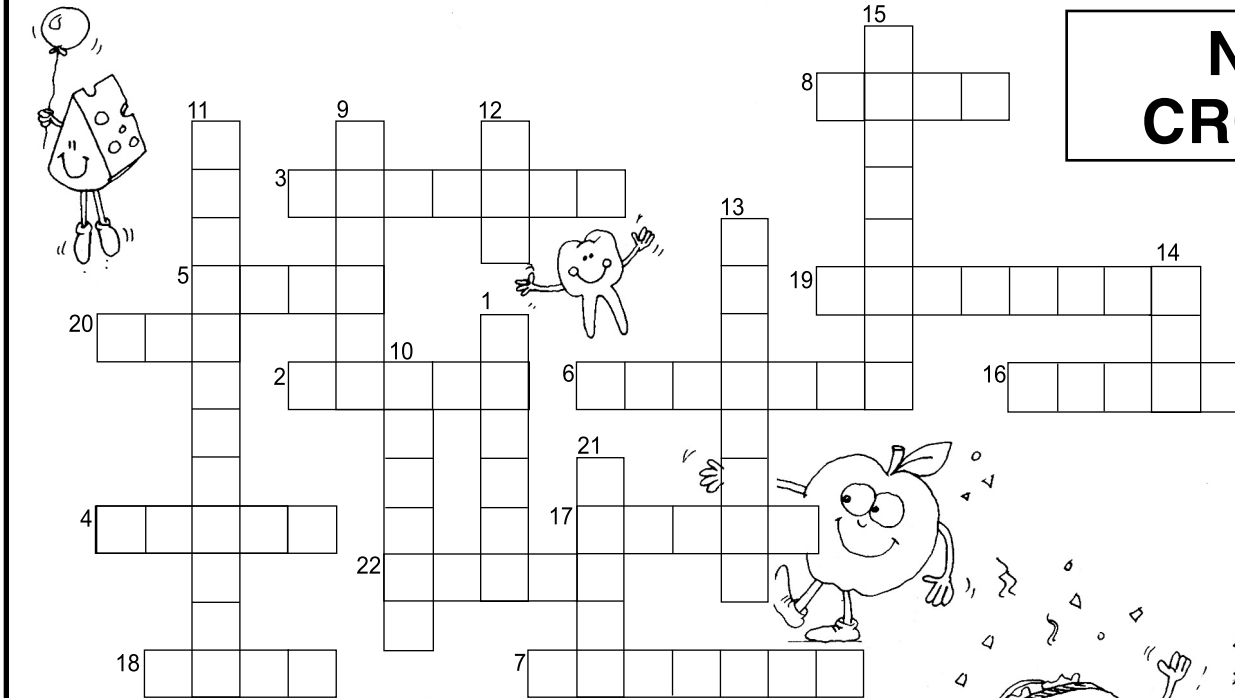
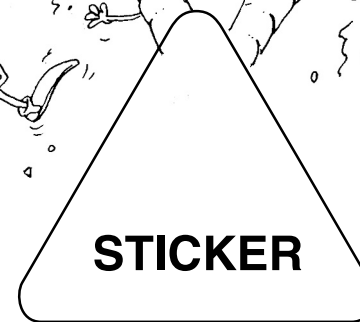
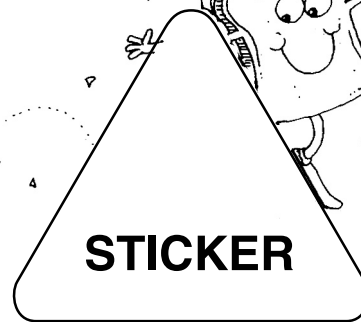
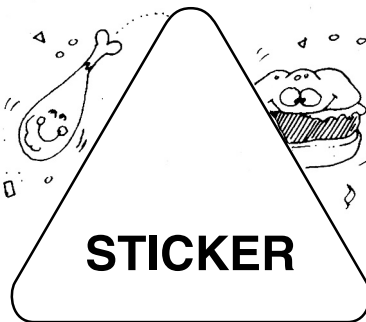
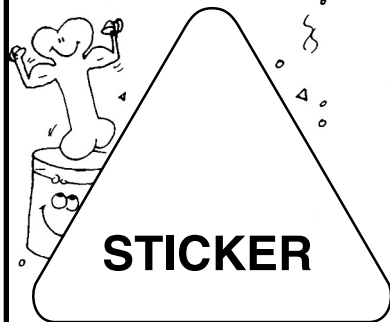


# NUTRITION IN ME CROSSFOOD PUZZLE



SEE  
GREAT  
HEAL  
WAFFLE  
TEETH  
MUSCLES  
TWO  
BEEF  
CALCIUM  
ENERGY  
APPLE

VITAMINS  
PROTEIN  
SIX  
THREE  
VITAMINS  
BROCCOLI  
CHEESE  
THREE  
WATER  
FIVE  
CARBOHYDRATE



- |  |  |   |  |  |
|--|--|---|--|--|
| _____ GROUP  | _____ GROUP  | _____ GROUP   | _____ GROUP  | _____ GROUP  |
| 1. You will find me on pizza and I am a healthy snack. | 5. I am great at a barbecue and tasty on a bun!    | 9. I am usually eaten at breakfast and taste great with butter and syrup. | 13. I look like a miniature green tree.            | 17. Washington State is famous for growing this fruit. |
| 2. I build strong bones and _____.                     | 6. I build strong _____.                           | 10. I am for _____ to work and play.                                      | 14. I help your eyes _____.                        | 18. I help injuries _____.                             |
| 3. Major nutrient I provide.                           | 7. Major nutrient I provide.                       | 11. Major nutrient I provide.   | 15. Major nutrient I provide.                      | 19. Major nutrient I provide.                          |
| 4. $12 - 9 =$ _____ servings needed each day.          | 8. $110 \div 22 =$ _____ servings needed each day. | 12. $2 \times 3 =$ _____ servings needed each day.                        | 16. $45 \div 15 =$ _____ servings needed each day. | 20. $124 \div 62 =$ _____ servings needed each day.    |

**CHALLENGE QUESTIONS:** 21. Because I am an important drink for good health, you need 8 glasses of me each day.  
22. When you exercise and eat from the Five Food Groups, you feel \_\_\_\_\_!

# NUTRITION HINTS...

Dear Student,

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

## BODY FUEL

Calories to your body are like fuel to a car. Just as gas makes a car go, calories make you go: run, dance, study and sleep. Calories are the amount of energy you get when you eat food. At your age, it is important to eat enough calories (or food) to GROW! However, calories can become a concern for a number of reasons. If you always eat more than you need, you may gain too much weight. If you eat fewer calories than your body needs, you will have low energy and may lose weight or not grow properly. To maintain weight, you need to balance between "calories in" (the food you eat) and "calories out" (the energy you burn through exercise).

## FIVE FOOD GROUPS

Every day eat foods from the Five Food Groups: 3 cups from the Milk Group, 5-6 oz. from the Meat & Beans Group, 1 1/2-2 cups from the Fruit Group, 2-3 cups from the Vegetable Group, and 5-7 oz. from the Grain Group. Serving sizes help you control if you are eating too much or too little from any one Food Group. If you are physically active, you may need more and larger servings from the Five Food Groups. If you are concerned about eating too many calories, make sure your serving sizes are not too large and increase your exercise level.

### Recommended Daily Amounts

	Recommended Daily Amounts	One cup or oz. equals:
<b>Milk Group</b>	3 cups	1 cup milk, 1 1/2 oz. cheese, 1 cup yogurt
<b>Meat &amp; Beans Group</b>	5-6 oz.	1 oz. meat or 1/4 cup cooked beans
<b>Fruit Group</b>	1 1/2 - 2 cups	1 cup raw or cooked fruit
<b>Vegetable Group</b>	2-3 cups	1 cup raw or cooked vegetable
<b>Grain Group</b>	5-7 oz.	1 slice bread, 1/2 cup pasta/rice, 1 cup cold cereal

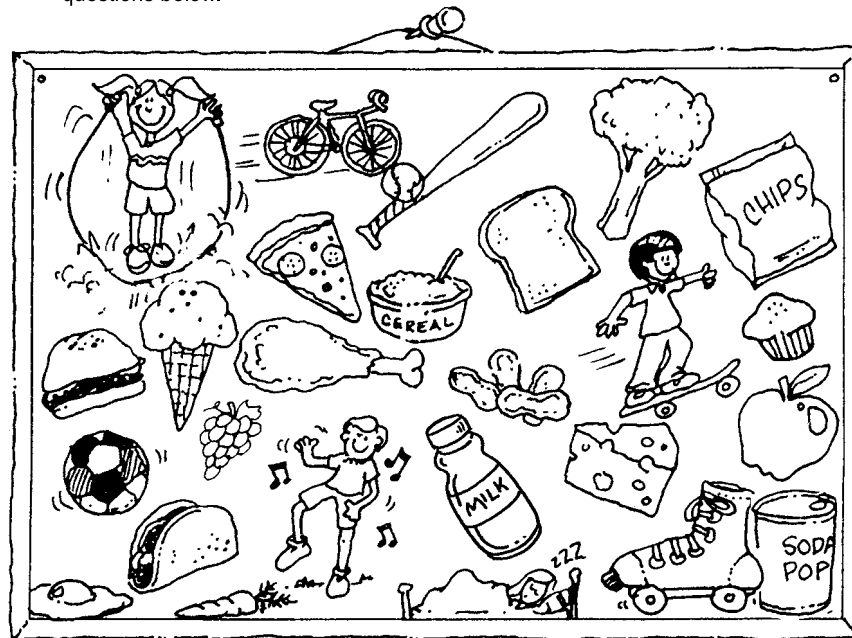
Visit the Oregon Dairy Council website

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

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

# STUDENT SELF PORTRAIT

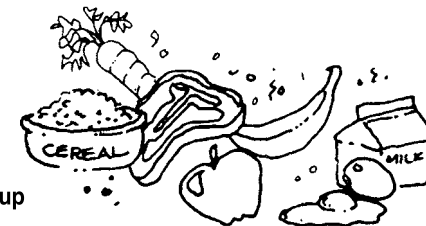
Look at the "BIG PICTURE" of your eating and exercise habits. Circle the **foods** you eat often and the **activities** you do regularly. Then, answer the questions below.



Have you circled foods from each of the Five Food Groups?  yes  no

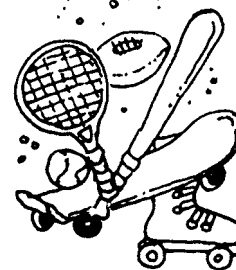
If not, which Food Group is missing?

- Milk     Fruit     Vegetables  
 Meat & Beans     Grain



List two foods from the missing Food Group you can add to your eating plan.

1. \_\_\_\_\_ 2. \_\_\_\_\_



Did you circle any exercise activities?  yes  no

Are you exercising at least 3 times each week?  yes  no

List one activity you would like to try that will increase your weekly exercise.

1. \_\_\_\_\_