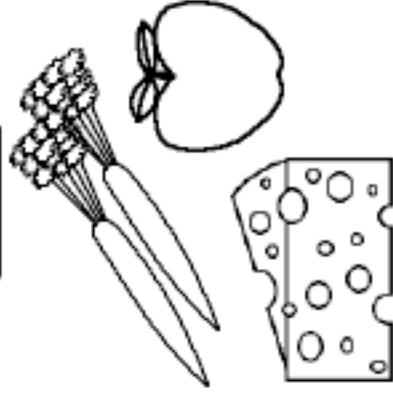
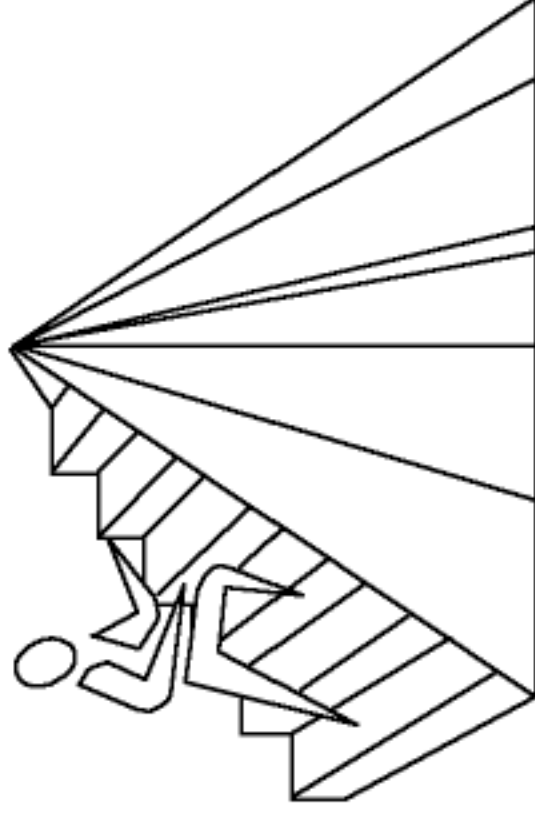


Food Groups: Nutrients

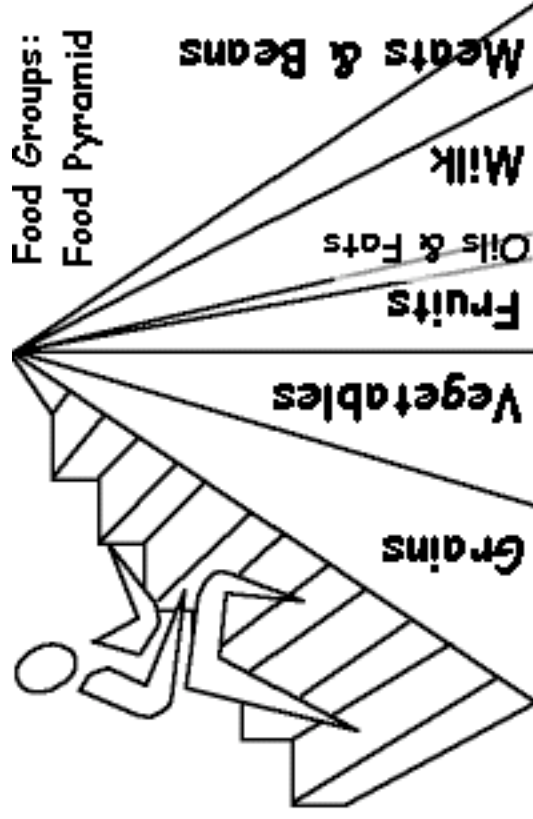
Eating a variety of good foods is very important, giving us energy and nutrients. Food supplies us with many nutrients, including carbohydrates and fats (which we use for energy), proteins (which we need to build and repair our bodies), vitamins, minerals (like calcium, which builds strong bones), and other chemicals (like salt, which is important for body fluids).

Name 4 major nutrients:



Food Groups

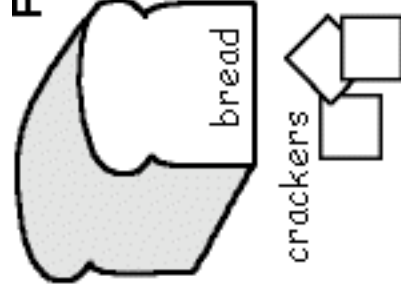
Name _____



The food pyramid shows the food groups and the importance of exercise.

Name the five main food groups:

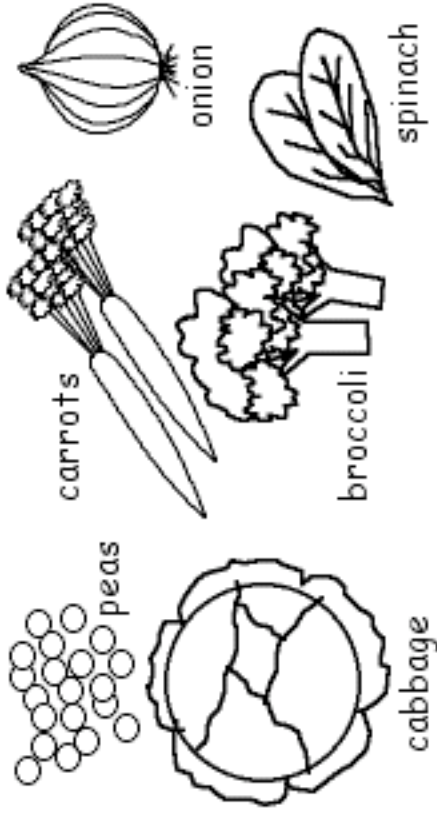
Food Groups: Grains



Eat many grains every day, especially whole grains. Grains contain carbohydrates, vitamins, minerals, and other nutrients.

Name four more grains:

Food Groups: Vegetables

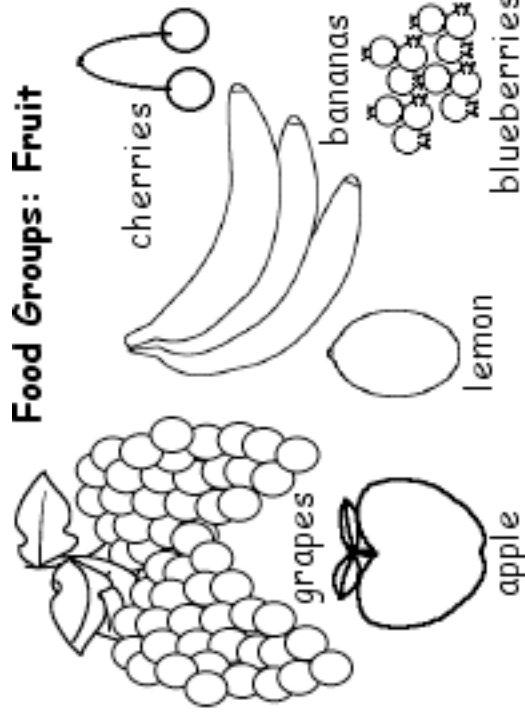


Vegetables should be eaten every day, including leafy green veggies.

Vegetables supply many vitamins, minerals, and complex carbohydrates.

Name four more vegetables:

Food Groups: Fruit



Eat a variety of fruits. Fruit has vitamins, minerals, complex carbohydrates.

Name four more fruits:

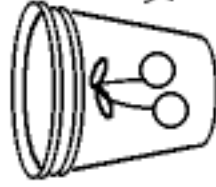
Food Groups: Milk



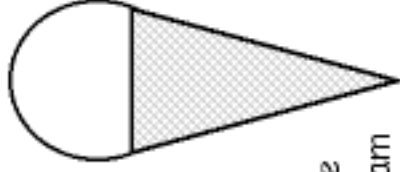
cheese



yogurt



ice
cream



Low-fat milk products should be eaten every day; these foods contain protein, calcium, and other nutrients.

Name four more milk products:

Food Groups: Meat/Nuts



eggs



hamburger



Eat a variety of lean meats, beans, nuts and seeds every day. They contain protein, vitamins, minerals, and other nutrients.

Name four more meats/nuts:

Food Groups: Healthy Choices

Eating a variety of healthy food is important. Try to eat a lot of fruits and vegetables, low-fat foods and whole grains. Moderation is also very important - that means not to eat too much or too little.

Physical activity is an integral part of a healthy life. Exercising every day is very important. What are your favorite physical activities:

Food Groups: Favorites

What are your two favorite foods in each food group?

Grain: _____

Vegetable: _____

Fruit: _____

Milk: _____

Meat/Nut: _____