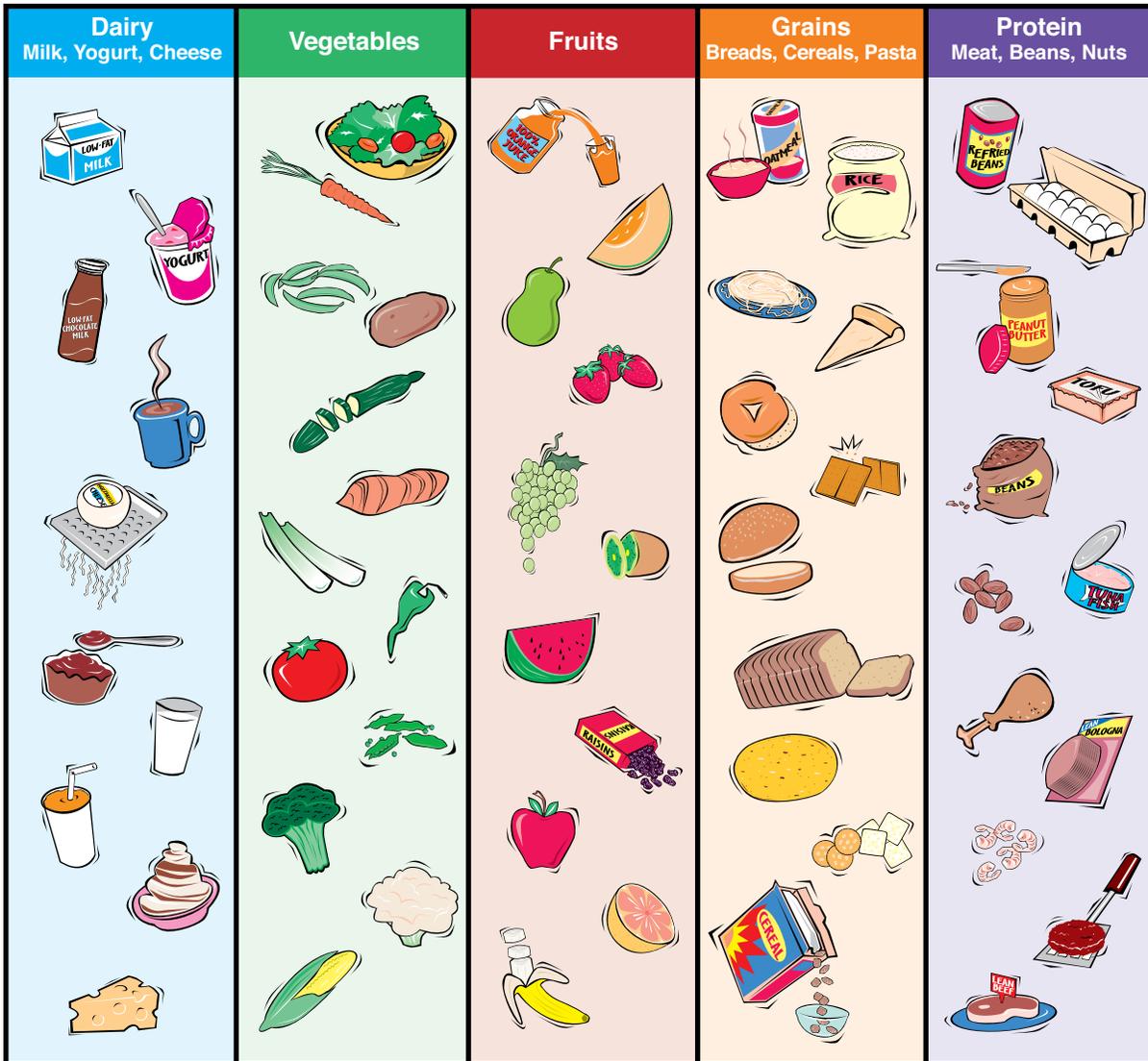
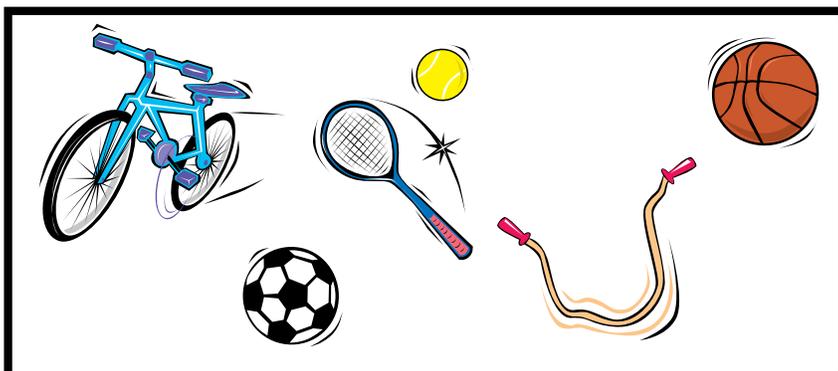


# My Food Groups



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# My Physical Activity

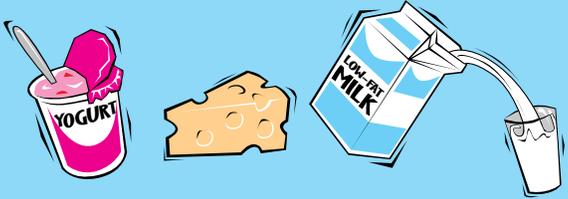
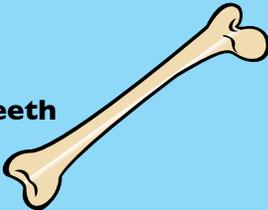
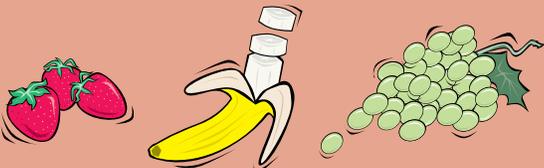
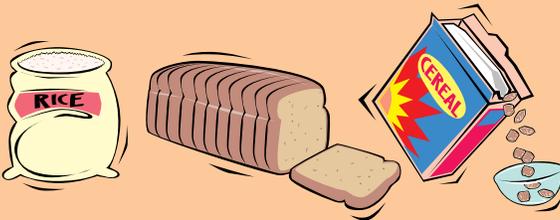
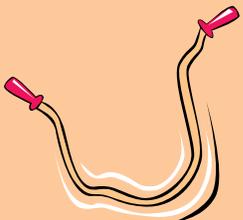
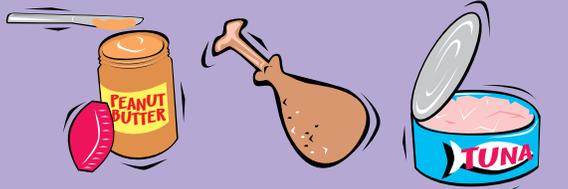
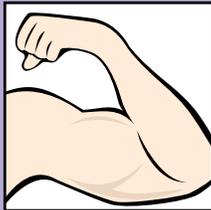


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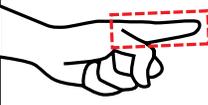
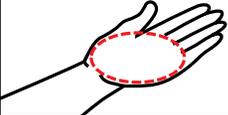
**Healthy Bodies**



# Main Nutrients and Their Health Benefits

FOOD GROUP	MAIN NUTRIENT	WHY YOUR BODY NEEDS IT
<p><b>Dairy – Milk, Yogurt, Cheese</b></p> 	<p><b>Calcium</b></p>	<p><b>Strong bones and teeth</b></p> 
<p><b>Vegetables</b></p> 	<p><b>Vitamin A</b></p>	<p><b>Healthy skin and eyes</b></p> 
<p><b>Fruits</b></p> 	<p><b>Vitamin C</b></p>	<p><b>Healing</b></p> 
<p><b>Grains – Breads, Cereals, Pasta</b></p> 	<p><b>B-vitamins</b></p>	<p><b>Energy</b></p> 
<p><b>Protein – Meat, Beans, Nuts</b></p> 	<p><b>Protein</b></p>	<p><b>Strong muscles</b></p> 
<p><b>“extras”</b></p>		
	<p><b>No nutrients</b></p>	<p><b>No health benefit</b></p>

# Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
<b>Dairy – Milk, Yogurt, Cheese</b>				
Cheese (string cheese)			Pointer finger	1 ½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
<b>Vegetables</b>				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
<b>Fruits</b>				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
<b>Grains – Breads, Cereals, Pasta</b>				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole-wheat bread			Flat hand	1 slice
<b>Protein – Meat, Beans, Nuts</b>				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

## Lesson 3: *Serving Superstars*

### Mixed Foods



# Lesson 4: Label and Nutrient Trackers

## Anatomy of a Food Label

### 1% Low-fat milk

1 Start here

2 Check calories



3 Get enough of these nutrients—  
Calcium for strong bones and teeth

<b>Nutrition Facts</b>	
4 servings per container	
Serving size	1 cup (245g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>105</b>
<b>%Daily Value*</b>	
Total Fat	2.5g 4%
Saturated Fat	1.5g 8%
Trans Fat	0g
Cholesterol	15mg 5%
Sodium	130mg 5%
Total Carbohydrate	13g 4%
Dietary Fiber	0g 0%
Total Sugars	12g
Includes	0g Added Sugars 0%
Protein	8g
Vitamin D	2.5mcg 25%
Calcium	300mg 30%
Iron	0.12mg 0%
Potassium	397mg 10%

\*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.

Servings per container

Serving size

Amount of nutrients by weight and percent of daily values

# Lesson 4: Label and Nutrient Trackers

## Fill in the Blank ... Food Label

### Pinto beans, canned



## Nutrition Facts

\_\_\_\_\_ servings per container

Serving size \_\_\_\_\_

Amount Per Serving

**Calories** \_\_\_\_\_

%Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

Cholesterol 0mg 0%

Sodium 410mg 18%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 18%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein \_\_\_\_\_ g

Vitamin D 0mcg 0%

Calcium \_\_\_\_\_mg 4%

Iron \_\_\_\_\_mg 8%

Potassium 450mg 10%

\*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.

# Lesson 5: Dinner Detectives and Smart Snackers

## Dinner and Snack Menu

DINNER MENU	
<b>MAIN DISH</b>	<b>FOOD GROUP</b>
<b>SIDE DISH</b>	<b>FOOD GROUP</b>
<b>BEVERAGE</b>	<b>FOOD GROUP</b>
<b>DESSERT</b>	<b>FOOD GROUP</b>

SNACK MENU	FOOD GROUP

# Lesson 7: Healthy Habits—Putting It Together

## Joey's Daily Record

### Daily Food and Beverage Record

	Food Name	Dairy Milk, Yogurt, Cheese	Vegetables	Fruits	Grains Breads, Cereals, Pasta	Protein Meat, Beans, Nuts	"extras"
	Serving	Serving	Serving	Serving	Serving	Serving	Serving
Breakfast	Toast				1 slice		
	Peanut butter					1 spoonful	
	<b>BEVERAGE</b> Water						
Lunch	Tuna sandwich				2 slices	1 serving	
	Potato chips						1 small bag
	Apple			1			
	<b>BEVERAGE</b> Milk	1 cup					
Snack(s)	Baby carrots		1 small bag				
	Yogurt	1 cup					
	Bagel				½ bagel		
	<b>BEVERAGE</b>						
	Chicken					1 piece	
Dinner	Mashed potatoes		1 cup				
	Green beans		1 cup				
	Cookies						2 large
	<b>BEVERAGE</b> Orange juice			1 cup			
	<b>Total Daily Servings</b>						
<b>Daily Recommended Number of Servings</b>	3	3	2	6	2		

For each glass of water consumed, check a box:

### Daily Physical Activity Record

Low Level Physical Activity	Minutes	Moderate-Vigorous Level Physical Activity	Minutes
Watching television	30	Playing soccer	30
Playing video games	45	Swimming	15
<b>Total Low Level Physical Activity Minutes</b>		<b>Total Moderate-Vigorous Level Physical Activity Minutes</b>	
<b>Recommended Number of Minutes</b>			<b>60</b>