Reflection Questions

01 Which food group is your favorite? Why?
02 What new vegetable could you try this week?
03 What "Fun snack" are you going to try?

For More Fun Activities and Tips Visit:
https://www.choosemyplate.gov/kids

Created By: Paige Davies
Healthy Tips

1) Vary your veggies
   each vegetable has different nutrients that contribute to an overall healthy diet

2) Make half of your grains whole
   Unlike refined grains Whole-grain foods contain dietary fiber and other B vitamins

3) When choosing dairy products look for low-fat options
   dairy products can be high in fat. Fat is important for our bodies in healthy amounts which is about 6-7 teaspoons a day
   * a teaspoon is the size of the tip of your thumb

The Fabulous Five Food Groups

- Fruits
- Vegetables
- Protein
- Dairy
- Grains

Fun Snacks

Yogurt Sundae
   use low-fat vanilla yogurt and add your favorite fruits and healthy nuts for toppings

Protein Roll-Up
   roll up a slice of deli turkey or ham with a piece of low-fat cheese and a leaf of lettuce

Pita Pocket
   Stuff a small whole-wheat pita with bell peppers, low-fat cheese, and chicken. Heat in the microwave for 10-15 seconds