The Fabulous Five Food Groups

Presenter: Paige Davies
The Grain Group

- Grains contain **fiber** which helps us poop
- Grains contain **Iron** which helps our muscles get oxygen so that we can do activities like going hiking!

Examples of Foods in this Group:
- Bread
- Tortillas
- Oatmeal
- Popcorn
- Cereals
The Vegetable Group

- carrots contain **vitamin C** which keeps our skin healthy and helps heal cuts and wounds
- Vegetables also have **vitamin A** which is important for our eyes and sight
- Vegetables contain **potassium** which is an important mineral that keeps our kidneys and heart strong

Examples of Foods in this Group:

- Kale
- Cauliflower and Broccoli
- Squash
- Celery
The Fruit Group

- Fruits are sources of many essential nutrients that are under consumed like folic acid
  - Folic acid helps our nervous system work properly
- Fruits are also a great source of vitamin C and potassium similar to vegetables
- You can meet your daily needs for fruits by eating whole fruits and drinking 100% fruit juice

Examples of Foods in this Group:

- Grapes
- Apples
- Bananas
- Oranges
- Strawberries
The Protein Group

- Essential nutrients including **omega-3** which is found in fish oil are provided from protein rich foods
- Protein foods have **magnesium** which is important for building bones
- Foods in this group also contain **zinc** which keeps our immune system strong and protects us from getting sick

Examples of Foods in this Group:

- Meats
- Poultry
- Fish
- Dry beans and peas
- Eggs
- Nuts and seeds
The Dairy Group

- Foods in the dairy group contain **calcium** which our body uses to build bones and teeth
- This food group also has foods that are rich in **vitamin D** which also helps create and maintain strong bones

Q: What do you think is the most important part of life to consume dairy?

Examples of Foods in this Group:

- Milk
- Cheese
- Yogurt
Share Your Plate!

take the time to quickly draw three different examples of your favorite foods from each group on your plate!

Q: Who can share what foods they picked?

Q: Why did you choose these foods?
Final Questions:

Q: Who can name all 5 food groups without looking at their plate?

Q: Why is it important to have all 5 foods groups in your diet?