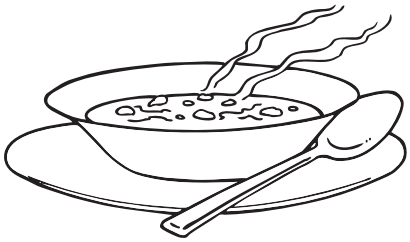
Name

Making Healthy Food Choices

Many people in our country do not eat enough fruits or vegetables.

Directions: Here is a list of ways to eat more fruits and vegetables. Check the ways you have tried and then answer the questions below.

- ☐ Picture your meal on a plate. Do you have fruits and vegetables on half the plate? You should!
- ☐ Keep fruits and vegetables handy for snacking.
- ☐ Ask if your family can try a new fruit or vegetable you have learned about.
- ☐ Add fruit to your cereal.
- ☐ Enjoy hot vegetable soup on a cold day.
- ☐ Add vegetables to a tortilla wrap.
- ☐ Dip vegetables in a healthy dip, such as hummus or yogurt.
- ☐ Experiment with different vegetables on sandwiches. Try avocado, bean sprouts, or cucumber. How about green pepper, lettuce, or tomato? What else might be good on a sandwich?
- ☐ Add different vegetables to your salad of leafy greens.
- ☐ Eat vegetables prepared in different ways. If you don't care for a vegetable cooked, try eating it raw. Do the reverse with vegetables you have only eaten cooked.



1. Describe your favorite way to add vegetables to your day. Share your ideas with a friend.

_____

_____

2. What is one new way you would like to try to have fruits or vegetables?

_____

_____

Challenge: Divide into three groups and brainstorm ways to make good food choices about the other food groups—**Grains, Dairy**, and **Protein**. Combine your ideas to fill in the chart.

Grains	Dairy	Protein
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name

Vitamins and Minerals Chart

Vitamins and minerals help keep us healthy. We get these nutrients from the foods we eat. Different foods have different nutrients, so we eat foods from each food group each day. This helps us get all the vitamins and minerals we need.

Directions: Read the chart to learn how different vitamins and minerals help us stay healthy. Then, answer the questions on pages 50 and 51.

Nutrient	Health Benefits	Foods
Vitamin A	healthy hair, skin, and eyes; helps make white blood cells to fight germs	apricots, broccoli, carrots, cheese, milk, spinach, sweet potatoes
Vitamin B	healthy blood; helps our bodies use energy from food	chicken, eggs, fish, lean meat, milk, whole grains
Vitamin C	healthy teeth, gums, muscles; protects us from infection and helps us heal	broccoli, Brussels sprouts, cabbage, grapefruit, kiwi fruit, oranges, peppers, strawberries, tomatoes
Vitamin D	strong bones and teeth; helps our bodies use calcium	eggs, fish, milk
Vitamin E	healthy blood, eyes, liver, lungs, and skin	avocado, eggs, leafy green vegetables, nuts, peanut butter, seeds, whole grains
Vitamin K	helps blood clot, which allows wounds to stop bleeding	dark green leafy vegetables, cabbage, cauliflower, eggs, meat, milk, peas, yogurt
Folic Acid	aids red blood cell health	dark green leafy vegetables, dried beans and peas
Calcium	strong bones and teeth; muscles; keeps cells healthy; helps blood clot, which allows wounds to stop bleeding	citrus fruits, dark green leafy vegetables, dried beans and peas, milk
Phosphorus	helps our bodies use energy from food; keeps cells healthy	chicken, dried beans and peas, eggs, fish, meat, milk
Magnesium	strong bones; helps our bodies use energy from food; keeps our nerves healthy (allows nerves to send messages back and forth between the brain and the body to keep us safe)	nuts, raw leafy green vegetables, seeds, whole grains
Potassium	healthy muscles, cells, and nerves; helps body use energy from food	bananas, dried beans and peas, meat, orange juice, peanut butter, potatoes
Iron	healthy blood cells and muscles; helps blood carry oxygen to cells	dried beans and peas, dried fruits, eggs, leafy green vegetables, red meat, potatoes

Name

Vitamins

Directions: Fill in the missing words as you read. You may use some words more than once. Do some research and check the chart on page 49 for more vitamin information.

1. Our eyes need Vitamin A to stay healthy. Good sources of this vitamin include _____ and _____.
2. Our teeth and gums need Vitamin C and Vitamin A to stay healthy. One food with both of these vitamins is _____.
3. When we get a cut, Vitamin C helps it stop bleeding. Some foods with Vitamin C are _____ and _____.
4. Vitamin E helps our bodies fight germs and disease. We can find Vitamin E in foods such as _____ and _____.
5. Even our skin benefits from vitamins! Vitamins _____ and _____ help our skin stay healthy.
6. Vitamins A and E, as well as iron, help our body make red blood cells. Red blood cells carry oxygen through our bodies. Two foods that have iron are _____ and _____.
7. Five vitamins in the B-vitamin group help our heart stay healthy. Good sources of these vitamins are _____ and _____.
8. Vitamins C and K help us build strong bones. Vitamin C is found in foods such as _____ and _____.

   We get Vitamin K from _____ and _____.
9. Vitamin E helps keep our muscles strong and healthy. Some foods with Vitamin E are _____, _____, and _____,
10. We get Vitamin B and iron from foods such as _____ and _____.

Name

Vitamins and Minerals

Directions: Refer to the Vitamins and Minerals Chart on page 49 to help answer the questions.

1. Which fruits are good sources of calcium? _____

_____

2. Name a vitamin we get from yogurt. _____

3. Which nutrients help our blood clot so we stop bleeding when we get a cut or larger wound?

_____

4. How do B-vitamins help us? _____

_____

5. It is important to eat orange fruits and vegetables such as apricots, carrots, and sweet potatoes. These foods are good sources of vitamin _____ which helps us

_____.

6. Explain how vitamin C helps us. _____

_____

7. What is an important nutrient we get from bananas? _____

What does it do for us? _____

_____

8. Why is it good to eat leafy green vegetables? _____

_____

9. We eat Vitamin D from eggs, fish, and milk. Vitamin D helps us _____

_____.

10. Why are dried beans and peas healthy foods to eat? _____

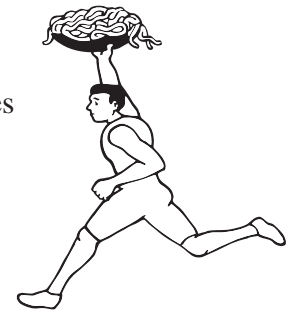
_____

Name

Calories Equal Energy

Foods in the five food groups have nutrients that keep us healthy in many ways. Foods also have carbohydrates, fats, and protein. These things provide energy. The right amount of healthy food each day provides us with the right amount of energy.

A *calorie* is a measure of energy. Different foods have different amounts of calories. The number of calories each person needs varies. Some people need about twelve hundred calories per day. Others need over two thousand calories per day. Athletes can consume even more. It depends on a person's age, gender, and how active he or she is. Your calories (energy from food) should be *balanced* between these three areas:

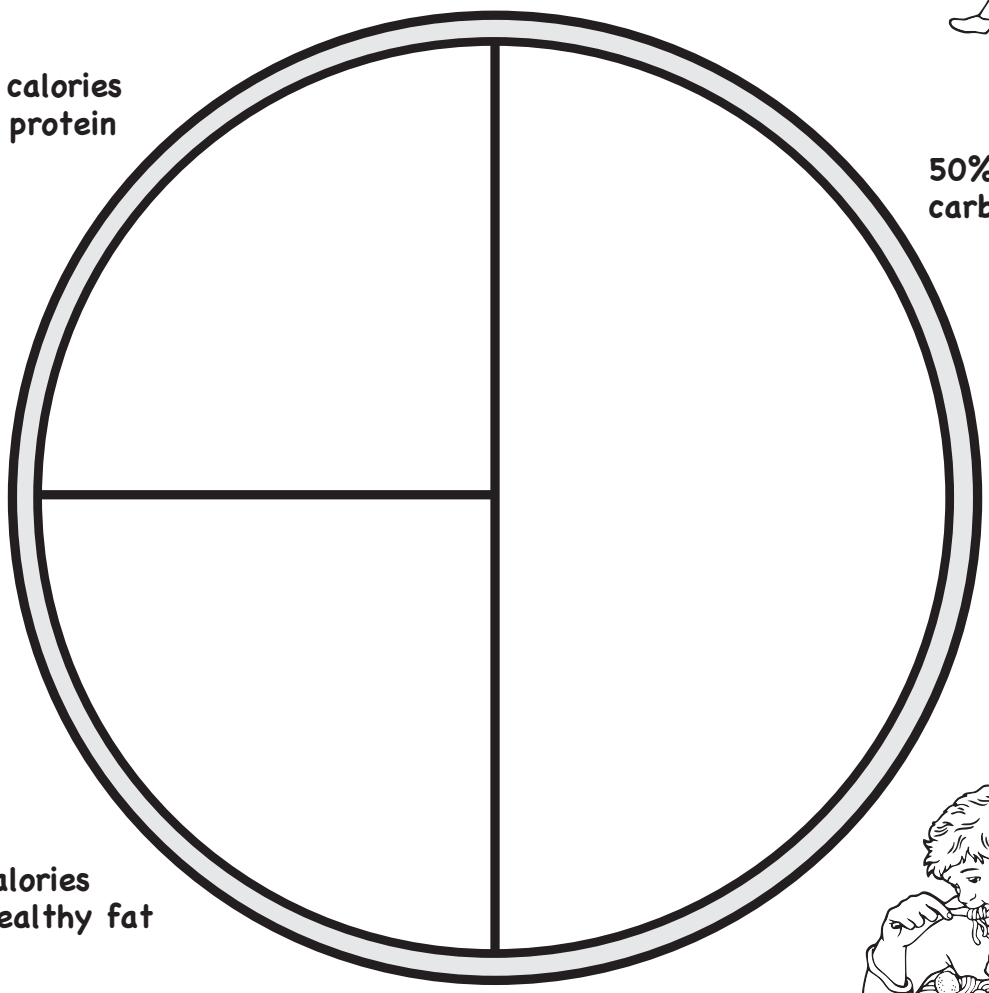


Protein found in foods such as meat, fish, chicken, eggs, and milk

Carbohydrates found in foods such as whole grains, milk, fruits, vegetables

Healthy Fats found in foods such as avocados, olives, nuts, seeds, fish

Directions: List healthy foods you eat that go in each section.



Name

What Is Junk Food?

It is important to check the ingredients in the foods you choose to eat. There are healthy foods, and there are foods we sometimes call "junk foods." We call them junk foods because they have higher levels of calories from sugar or fat but do not provide much protein, vitamins, or minerals. They are not as good for us. It is suggested that we eat junk foods for special treats and to watch portion sizes.

For example, let's look at french fries. Most of us enjoy eating french fries. But it is important to know what you are eating and how much! Look at the three different options for french fries below. First, look at the difference in serving sizes between the small and supersized french fries. It is quite a bit, isn't it? Then, look at the fat calories and the amounts of sodium. Which size order of fries might be healthier for you? Finally, look at the baked sweet potato fries. Compare them to the regular fries. What did you find?

Small French Fries

Nutrition Facts
Serving Size 1 serving (68g)
Servings Per Container 1

Amount Per Serving	
Calories 210	Calories from Fat 90
	%Daily Value*
Total Fat 10g	**15 %**
Saturated Fat 1.5g	**8 %**
Trans Fat 0g	
Cholesterol 0mg	**0 %**
Sodium 135mg	**6 %**
Total Carbohydrate 26g	**9 %**
Dietary Fiber 2g	**8 %**
Sugars 0g	
Protein 3g	
Vitamin A 0% •	Vitamin C 15%
Calcium 0% •	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

Supersized French Fries

Nutrition Facts
Serving Size 1 serving (176g)
Servings Per Container 1

Amount Per Serving	
Calories 540	Calories from Fat 230
	%Daily Value*
Total Fat 26g	**40 %**
Saturated Fat 4.5g	**23 %**
Trans Fat 0g	
Cholesterol 0mg	**0 %**
Sodium 350mg	**15 %**
Total Carbohydrate 68g	**23 %**
Dietary Fiber 6g	**24 %**
Sugars 0g	
Protein 8g	
Vitamin A 0% •	Vitamin C 35%
Calcium 2% •	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

Baked Sweet Potato Fries

Nutrition Facts
Serving Size 93.5g

Amount Per Serving	
Calories 103	Calories from Fat 22
	% Daily Value*
Total Fat 2.4g	**4%**
Saturated Fat 0.3g	**2%**
Trans Fat 0.0g	
Cholesterol 0mg	**0%**
Sodium 324mg	**13%**
Total Carbohydrates 18.8g	**6%**
Dietary Fiber 3.0g	**12%**
Sugars 5.8g	
Protein 1.8g	
Vitamin A 348% •	Vitamin C 30%
Calcium 4% •	Iron 4%

* Based on a 2000 calorie diet

Nutritional details are an estimate and should only be used as a guide for approximation.

caloriecount.about.com

Name a "junk food" you like. How could it be made a healthy food or what might be substituted for it?

_____

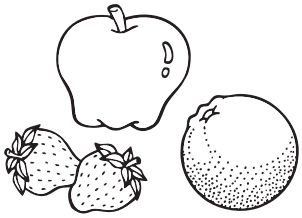
_____

Journal Page: Practice healthy eating for a week. Then pick a day and try to eat only healthy foods. Log them into your journal on the "My Healthy Foods Day" page.

Name

What Is Fiber?

Fiber comes from plants. It is the part of the plant that our bodies cannot break down to use for energy. There are two types of fiber:



Type 1—The first type of fiber dissolves in water. This type of fiber helps keep our blood sugar at the right level. (It also lowers cholesterol.) We can find this type of fiber in many foods. Whole grains such as barley and oatmeal have this kind of fiber. We find it in fruits such as apples, blueberries, oranges, pears, plums, and strawberries. Protein foods such as lentils, nuts, flaxseeds, and beans have this type of fiber. Some vegetables have it, too, such as cucumbers, celery, and carrots.

Type 2—The second type of fiber does not dissolve in water. This type helps us digest our food. High-fiber foods often have many nutrients and are low-calorie foods. Whole grain foods are good sources of this type of fiber. Vegetables such as celery, broccoli, cabbage, and carrots have this type of fiber. We also find it in dark leafy vegetables, raisins, and grapes.

Directions: Read the three nutrition labels below and answer the questions.

1. Which food has the most grams of fiber? _____
2. Which food has the most vitamin C? _____
3. What is one other nutrition fact you learned from reading the labels? _____

_____

Apple

Nutrition Facts
Serving Size 1 apple (138g)
Servings Per Container 10

Amount Per Serving	
Calories 80	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 21g	7 %
Dietary Fiber 4g	15 %
Sugars 18g	
Protein 0g	
Vitamin A 0% • Vitamin C 15%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

Bread, Whole Wheat

Nutrition Facts
Serving Size 1 slice (50g)
Servings Per Container 15

Amount Per Serving	
Calories 140 Calories from Fat 30	
	%Daily Value*
Total Fat 3g	5 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 340mg	14 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3g	14 %
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

Potato, Baked

Nutrition Facts
Serving Size 1 potato (202g)
Servings Per Container 1

Amount Per Serving	
Calories 220	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 51g	17 %
Dietary Fiber 5g	19 %
Sugars 3g	
Protein 5g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 15%	

* Percent Daily Values are based on a 2,000 calorie diet.

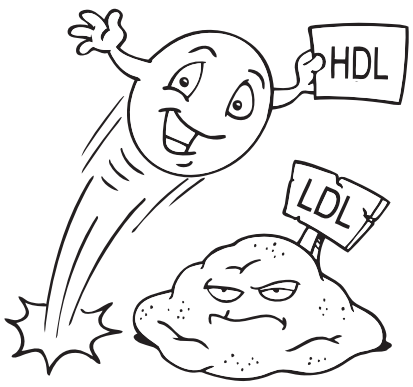
LOW=5% or less HIGH=20% or more

Name

What Is Cholesterol?

Cholesterol is a type of fat. The right amount helps our organs work the way they should. Our livers make cholesterol for our bodies. We can get cholesterol from some foods, too, including meat, fish, eggs, butter, cheese, and milk. There are two types of cholesterol, **LDL** and **HDL**:

LDL carries cholesterol away from the liver into the body. We say LDL is the "bad cholesterol" because it can stick to blood vessels. This can cause heart disease or a stroke in the brain. Some fats in foods raise cholesterol levels in your blood. These types of fats are saturated and trans fats.



HDL is the other type of cholesterol. HDL carries cholesterol back to the liver. The liver breaks down the "bad" cholesterol. Exercise helps your body use good cholesterol. Some cholesterol can help us digest our food. Keeping a healthy weight can also help improve levels of "good" HDL in your blood.

- Low cholesterol foods are often low in fat. These are healthy foods such as fruits, vegetables, and whole grains. These foods are good for most people.
- What does it mean when someone has "high cholesterol?" It means their bodies make too much cholesterol. When too much cholesterol sticks to the inside of the blood vessels it can cause heart disease. This makes it hard for blood to flow to parts of the body. The heart has to work harder. People with high cholesterol need to be careful about how much fat they eat. Exercise and eating lower cholesterol foods like fruits, vegetables, and whole grains can help.

1. Write facts you have learned about good and bad cholesterol on the chart below.

HDL "Good" Cholesterol	
LDL "Bad" Cholesterol	

2. What is one way you can help your heart stay healthy? _____

_____

Challenge: Find three foods that are low in cholesterol.

_____ _____ _____

Name

Sodium

Many foods have sodium in them. Sodium is the chemical name for salt. Our bodies need salt in small amounts. Small amounts of salt keep body fluids in balance. Salt helps our nerves, our muscles, and our heart work the way they should. However, too much salt can be unhealthy. People who eat too much salt can have a greater risk for heart disease.

How much salt do you need? It's easy to get more sodium than we need in one day.

- Eight-year-olds should have 1,000 mg of sodium each day.
- Nine- and ten-year-olds should have no more than 1,500 mg of sodium each day.

Read the nutrition label to find out how much sodium (salt) is in the food products you eat.

Try to choose foods that are lower in sodium. You can also lower your salt intake by not putting salt on food at the table.

The sample label on the right shows you where to find the sodium listed in a food. Sodium is highlighted for you with a gray bar.

Bagel

Nutrition Facts
Serving Size 1 bagel (71g)
Servings Per Container 5

Amount Per Serving	
Calories 200	Calories from Fat 10
	%Daily Value*
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 38g	13 %
Dietary Fiber 2g	7 %
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 15%	

* Percent Daily Values are based on a 2,000 calorie diet.

Directions: Collect nutrition labels from three foods. Look at the labels and find how much sodium is in each food. How much sodium is in each of the three foods you researched?

Food 1— _____ **Amount of Sodium** _____

Food 2— _____ **Amount of Sodium** _____

Food 3— _____ **Amount of Sodium** _____

Add your three sodium (salt) totals. How much sodium did you get altogether from the three foods?

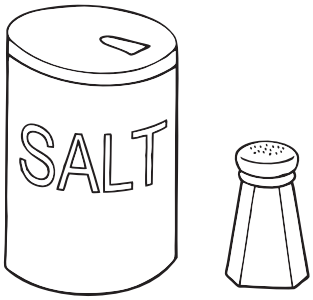
Food 1— _____

Food 2— _____

+ Food 3— _____

_____

Total _____ **mg**



Did you go over 1,500mg? **Yes** **No**

What could you do to lower the amount of salt in your diet? _____

_____

Name

Sugar

Do you know how much sugar is in the foods you eat? You can often find out by checking the nutrition label. Sometimes sugar is a natural part of a food, like the sugar in an apple. Other food items, like cookies or sweetened drinks, have sugar added. The label on the right shows you where to find the amount of sugar in a food. This label is for a medium-sized apple. The bottom label is for a cola drink.

The amounts of nutrients listed on labels are for *one serving* of that food. Sometimes people eat more than one serving of a food at a time. For example, the label might list one serving of cereal as one-half cup. If you have one cup of cereal for breakfast, you are having two servings of that food. That means you will have double the calories and other nutrients.

Directions: Check the labels to find the amounts of sugar in three things you eat in one day. If possible, bring labels from the empty food containers or the wrappers to class. Compare them with labels your classmates bring.

List the three food items you brought or checked. Read the nutrition label to see how much sugar was in each item. List the amount of sugar for each food.

Food 1— _____ **Amount of Sugar** _____

Food 2— _____ **Amount of Sugar** _____

Food 3— _____ **Amount of Sugar** _____

One teaspoon of sugar = 4 grams

It is important to try not to have more than 24 grams of added sugar per day. Add your three sugar totals.

How much sugar did you get from the three foods altogether?

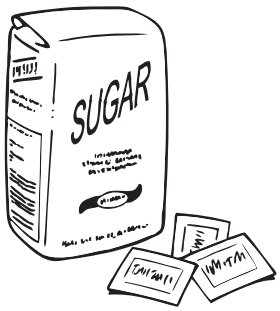
Food 1— _____

Food 2— _____

+ Food 3— _____

_____

Total _____ **grams**



Apple

Nutrition Facts
Serving Size 1 medium 3" dia 182g (182 g)

Amount Per Serving

Calories 95	Calories from Fat 3
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	17%
Sugars 19g	
Protein 0g	

Vitamin A 2% • Vitamin C 14%
Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cola

Nutrition Facts
Serving Size 8 fl oz (240g)
Servings Per Container 1.5

Amount Per Serving

Calories 100	
	%Daily Value*
Total Fat 0g	**0 %**
Saturated Fat 0g	**0 %**
Trans Fat 0g	
Cholesterol 0mg	**0 %**
Sodium 35mg	**0 %**
Total Carbohydrate 27g	**9 %**
Dietary Fiber 0g	**0 %**
Sugars 27g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Teacher Note: The USDA provides a series of Nutrition Fact Cards like the ones featured in this book. They are downloadable and wonderful resources for comparing nutrition labels. See page 5 for the website address.

Name

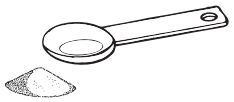
Added Sugar

It is better if we eat healthy foods every day and save treats for special times. We know that foods like cookies, candy, ice cream, and some drinks have *added* sugar. It is easy to check the nutrition labels to see how much sugar is in the packaged foods you eat.

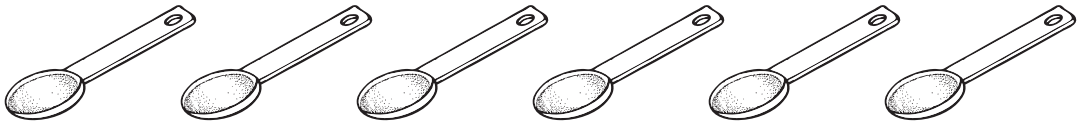
Bananas and oranges have quite a bit of natural sugar. Tomatoes and snow peas have a little natural sugar. These are still healthy foods because they have many other nutrients. Milk also has sugar in it, but it is not added sugar.

Some health organizations say children should have no more than six teaspoons of *added* sugar per day. This is sugar that has been added to the food and is not there naturally.

Do the math: 1 teaspoon = 4 grams.



6 teaspoons of sugars equals _____ grams of sugar.



Kids should have no more than _____ grams of added sugar per day.

Directions: Read the chart below that shows how much hidden sugar is in everyday foods. Do the math to fill in the missing spaces on the chart. Round your answers as needed to find an estimate.

Food	Grams of Sugar per Serving	Teaspoons
barbecue sauce	13 g	
graham crackers	7 g	
granola bars		2 teaspoons (average)
peanut butter	3 g	
raisin bran cereal		4 teaspoons (average)
saltine crackers		0 teaspoons
spaghetti sauce	8 g (average)	
yogurt		6 teaspoons

1. Which food surprised you most with its amount of sugar? _____

2. Which two foods have the same amount of sugar per serving?

_____ _____

Name

Why Water?

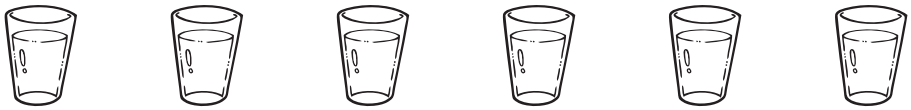
Did you know that human beings can live up to 40 days without food but only seven days without water? It is true! Water is so important that most of our body is made up of it. Almost three quarters of our total body weight is water. This includes water in our tissues, our blood, and our bones. Our bodies use water every day, and that water needs to be replaced. We get most of the water we need from the foods we eat. Most foods are almost half water, but we also need to drink liquids. Drinking water makes the most sense, and most people should drink more water than they do.

Our bodies need water to live. We need to supply our bodies with water every day. Water . . .

- transports the nutrients from the foods we eat to different parts of our bodies.
- helps us digest our food.
- carries wastes out of the body.
- helps keep our bodies cool.
- helps chemicals in our bodies react properly with one another.
- keeps our eyes moist and helps our joints move—it lubricates.
- may help reduce a fever.
- can reduce swelling or pain from bruises.
- helps people relax and eases pain in sore muscles.
- can help clean and heal burns.
- helps us feel full, which helps us eat the right amounts of food instead of eating too much.

1. Young people should have about eight cups of liquid each day. (1 cup = 8 oz.) Look at the 8 oz. glasses below. If about one quarter of our water comes from the foods we eat, how much more water do we need to drink? Shade the glasses to show the amount.

2. You need extra water when you exercise and play sports. You need at least one half cup for every 20 minutes you play. How much extra water should you drink if you are going to play soccer for an hour? Shade the glasses to show the amount.



3. What are two ways drinking water helps you?

a. _____

b. _____

Challenge: Work with a partner to create a poster describing the health benefits of drinking water.

Journal Page: Complete the "Let's Talk About Water" journal page on page 87.

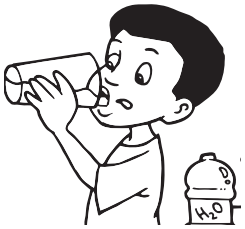
Name

Food Tips for Tip-Top Health

Are you in tip-top health? Which of the following tips do you think you follow best? Which ones do you feel you have to improve? What steps can you take to eat healthier?

Food Tips

1. Read nutrition labels. Check serving sizes and the amount of healthy nutrients in each serving.
2. Enjoy your food without overeating. Portion your food on a plate according to the USDA recommended guidelines.
3. Throughout the day, eat foods from each group. Choose food products that are lower in sugar, fat, and sodium content.
4. Focus on fruits and vegetables by filling about half your plate with them.
5. Drink water instead of sugary soft drinks and juices.
6. Balance good eating habits with daily physical activity and enough sleep.



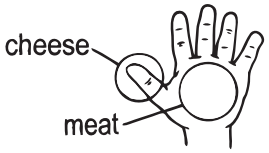
Directions: Choose one tip and write a short paragraph explaining how you can improve your eating habits by following that tip.

Name

How Much Is a Serving?

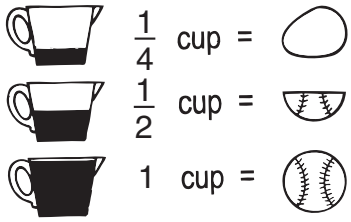
A serving is the suggested amount of food to eat at a meal or for a snack. Eating the right amount helps us stay at a healthy weight. We should eat a variety of foods but not too much of any one kind. The variety helps us get all the nutrients we need. A guide for how much of a food is enough is right in our hands! Keep these hints in mind when you are trying to figure out the right amount to eat at a meal:

- Make your hand into a fist. One serving, or portion, of rice, pasta, fruit, vegetables, or yogurt is roughly the size of your fist.
- A serving of cheese is about the size of your thumb. Can you believe it?
- A serving of most snack foods is a handful.
- A serving of meat or fish will fit in your palm.



Another way to do this is to think about common objects when choosing amounts to eat in a serving:

- $\frac{1}{4}$ cup (1/4 c.) serving is the size of a large egg.
- $\frac{1}{2}$ cup (1/2 c.) serving is the size of half a baseball.
- 1 cup (1 c.) serving is the same as an adult fist or a whole baseball.



Directions: Look at the serving suggestions. Think about the foods you might eat to meet those suggestions. Then, fill in the menu on page 62.

Fruit

3 servings each day

How much is a serving?
- 1 med. fruit
- $\frac{1}{2}$ cup chopped, cooked, or canned fruit
- $\frac{3}{4}$ c. juice

Vegetables

4 servings each day

How much is a serving?
- 1 c. leafy greens
- $\frac{1}{2}$ c. cooked or raw vegetables
- $\frac{3}{4}$ c. juice

Dairy

3 servings each day

How much is a serving?
- 1 cup milk or yogurt
- $1\frac{1}{2}$ oz. cheese

Grains

5 servings each day; half should be whole grains

How much is a serving?
- 1 slice bread
- $\frac{1}{2}$ c. cooked rice, pasta, or cereal
- 1 c. ready-to-eat cereal
- 5 whole-wheat crackers
- 3 cups popped popcorn

Meat/Protein

5 servings each day

How much is a serving?
- $\frac{1}{2}$ c. cooked dry beans
- 3 oz. cooked meat or palm size
- 1 large egg
- 2 tablespoons peanut butter = 1 oz.
- $\frac{1}{4}$ c. nuts = 1 oz.

Name

Plan a Menu

Directions: Create a menu plan for one day. Try to balance the right number of servings of each food group. Use the serving suggestions on page 61 for a reference. Later, evaluate your choices and think about changes you could make.

Breakfast

Snack:

Lunch

Snack:

Dinner

Journal Page: Pick a day and try to eat only healthy foods. Log these foods into your journal on the "My Healthy Foods Day" page.

pages 43–44 (Beef Is a Source of Protein) (*cont.*)

Down

2. Angus is a breed of cattle known for tender beef.
4. The earliest breed of cattle raised for beef in the United States is the Texas longhorn.
6. A mature female that has produced a calf is called a cow.
7. A female cow over one year old that has not had a calf is called a heifer.
8. Roast beef is cooked in a hot oven.
10. Meat that is lean has little or no fat.
11. The meat that comes from the muscle of an adult cow is called beef.
12. A steer is an adult male cow raised as beef for people to eat.

page 45 (Fish—Protein and Good Fat)

1. *shellfish circled:* clams, crab, crayfish, lobster, scallops, shrimp

C	C	A	L	L	O	P	C	D	L
B	W	L	E	C	F	W	L	Y	C
W	C	C	R	T	P	M	L	C	L
S	O	A	L	W	F	T	L	C	S
L	B	C	M	P	C	C	L	L	L
L	L	F	G	R	F	T	L	L	L
L	U	N	A	K	U	T	N	L	N
A	C	E	A	P	A	C	C	L	G
C	E	G	L	R	G	M	B	N	P
C	A	L	M	C	N	Y	R	N	A
N	A	R	L	S	M	A	L	C	S
N	C	L	F	Y	A	R	C	W	B

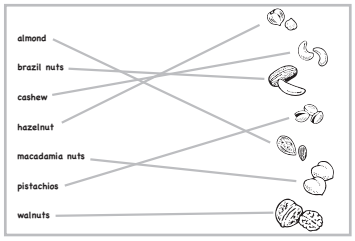
page 46 (Legumes for Protein and More!)

LENTILS
CHICKPEAS
GARBANZO BEANS
PEANUTS
MUNG BEANS
PEAS
BEAN SPROUTS

Legume Clues

1. lentils
2. chickpeas
3. garbanzo beans
4. peanuts
5. mung beans
6. peas
7. bean sprouts

page 47 (Nuts About Protein)



page 48 (Making Healthy Food Choices)

Answers will vary.

page 49 (Vitamins and Minerals Chart)

No answer key necessary.

page 50 (Vitamins)

Possible answers:

1. broccoli, carrots, cheese, milk, spinach
2. broccoli
3. cabbage, orange, strawberries
4. dark-green vegetables, eggs
5. Vitamins A and E.
6. dried beans, eggs, or meat
7. whole grains, eggs, or milk
8. tomatoes, strawberries; cabbage, peas
9. eggs, green, leafy vegetables, whole grains
10. eggs, meat

page 51 (Vitamins and Minerals)

Possible answers:

1. citrus fruits (orange)
2. vitamin K
3. calcium, vitamin K
4. B-vitamins help our bodies use energy from food and keep our blood healthy.
5. Vitamin A helps us maintain healthy hair, skin, and vision.
6. Vitamin C keeps our muscles, teeth, and gums healthy. It protects us from infection and helps us heal.
7. Potassium; potassium helps us maintain healthy muscles, cells, and nerves; helps our body use energy from food.
8. Leafy green vegetables have many vitamins and other nutrients to help us maintain healthy bodies.
9. Vitamin D helps us use calcium from the foods we eat to promote strong bones and teeth.
10. Dried beans and peas provide many different nutrients, such as folic acid, calcium, phosphorus, potassium, and iron. These nutrients help us maintain healthy blood cells and muscles.

page 52 (Calories Equal Energy)

Answers will vary.

page 53 (What Is Junk Food?)

Answers will vary.

page 54 (What Is Fiber?)

1. baked potato
2. baked potato
3. Answers will vary.

page 55 (What Is Cholesterol?)

1. HDL carries cholesterol back to liver, exercise helps the body use HDL, and helps digest food
   LDL carries cholesterol into body, can stick to blood vessels, cause heart disease or stroke, found in saturated and trans fats.
2. Eat low-fat foods and get enough exercise.

Challenge: Answers will vary.

page 56 (Sodium)

Answers will vary. Check for understanding.

page 57 (Sugar)

Answers will vary. Check for understanding.

page 58 (Added Sugar)

Do the math: 6 teaspoons of sugar equals 24 grams of sugar.
Kids should have no more than 24 grams of added sugar per day.

barbecue sauce	3 teaspoons
graham crackers	2 teaspoons
granola bars	8g
peanut butter	less than 1 teaspoon
raisin bran cereal	16g
saltine crackers	0g
spaghetti sauce	2 teaspoons
yogurt	24g

1. Answers will vary.
2. granola bars and spaghetti sauce

page 59 (Why Water?)

1. Students should color 6 glasses.
2. Kids should color 1 ½ glasses.
3. Answers will vary but may include the following:
   helps us digest food
   carries nutrients to parts of our bodies
   keeps eyes moist, helps joints move
   helps us eat the right amount of food.

page 60 (Food Tips for Tip-Top Health)

Answers will vary.

page 61 (How Much Is a Serving?)

No answer key necessary.

page 62 (Plan a Menu)

Answers will vary.

page 63 (So Many Healthy Foods!)

1. corn
2. cheese
3. sunflower seeds
4. kiwi fruit
5. avocado
6. celery

page 64 (Food Safety)

1. Boy is sneezing on food.
   Meat and vegetables are on the same cutting board. Check other answers for reasonableness.
2. Answers will vary.
3. Answers will vary.

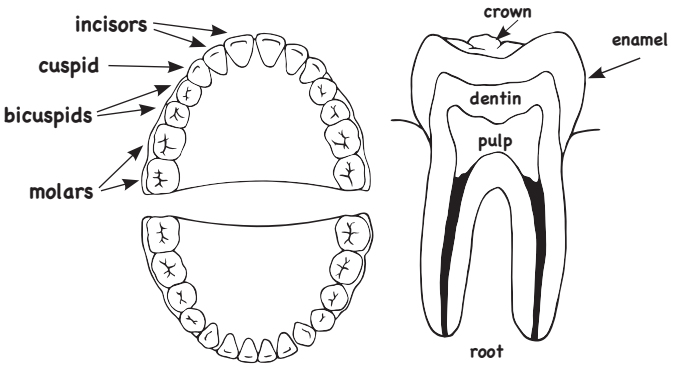
page 65 (Healthy Lifestyles)

Answers will vary.

page 66 (Make a "Healthy Me" Mini-Book)

No answer key necessary.

page 67 (Dental Health)



page 68 (Get Enough Sleep)

1–5 Answers will vary.

page 69 (Physical Safety)

Accept reasonable answers.

Getting Around Town

1. crosswalk
2. traffic; cars
3. cars
4. bushes or trees; trash cans, walls, or parked vehicles.
5. space
6. helmet
7. rules

School Bus Safety

1. quietly
2. clear
3. safety
4. away
5. signal
6. crossing

Stranger Danger

1. know
2. help; protect
3. no, Tell
4. rules
5. Answers will vary.

page 70 (Physical Fitness)

1. False
2. True
3. True
4. False
5. True
6. False
7. True
8. False
9. False
10. True

page 71 (Heart Rate)

Answers will vary.

page 72 (Beanbags and Relays)

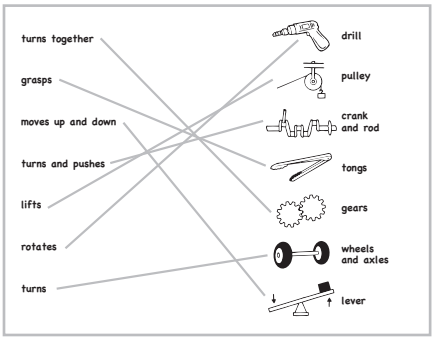
No answer key necessary.

page 73 (Active Days)

Check sentences for appropriate use of action words.

page 74 (Machine Movements)

1. Accept reasonable choices. Possible answers.



2. Answers will vary.

page 75 (Sports Field Day)

Check for reasonable answers.
Basketball: passing, throwing (shooting toward a target), catching, dribbling, defending, stopping, pivoting
Soccer: dribbling, passing, trapping (ball control), defending, kicking, throwing, shooting (toward a target), goalkeeping
Baseball: gripping, throwing, pitching, fielding, catching, batting, bunting, running
Football: passing, catching, handing off the ball, blocking, kicking
Swimming: paddling, kicking, pushing, pulling, arm circles
Hockey: gripping, carrying, dribbling, passing, fielding, tackling, dodging, goalkeeping
Volleyball: serving, throwing, passing, jumping
Track and Field: running, jumping, hurdling

page 76 (Summer Fun)

Answers will vary; check for reasonable answers.

page 77 (Fitness Challenge)

Answers will vary.

page 78 (The World Around You)

Answers will vary.

page 79 (Healthy Habits Game)

No answer key necessary.

page 80 (Relay Activities)

No answer key necessary.

page 81 (Outdoor Activities)

No answer key necessary.