

NAME: _____

WORKSHEET 5.1

"Choosin' Keeps You Cruisin'"

1. List four nutrients found in milk:

Sample answers could include: Calcium, protein, riboflavin, potassium, vitamin D, phosphorus, magnesium, Vitamin A, Vitamin B12.

2. List one way each of the following nutrients help our bodies:

Calcium: Builds strong bones

Protein: Helps build and repair everything in our bodies

Riboflavin: Helps our bodies change food to energy

3. Why it is important that we make good choices when it comes to choosing which foods we eat? Making good food choices helps us grow strong and stay healthy. It gives us more energy to do the things we want to do.

Fill in the missing blanks: Write down the correct number of servings you should eat from each of the five food groups every day and write down a food you like to eat from each particular food group.

Grains:

- ◆ Servings: 6 oz.
- ◆ Choice: _____

Vegetables:

- ◆ Servings: 2 1/2 cups
- ◆ Choice: _____

Fruits:

- ◆ Servings: 1 1/2 cups
- ◆ Choice: _____

Milk:

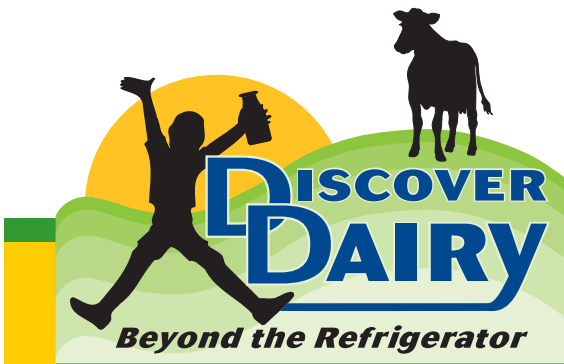
- ◆ Servings: 3 cups
- ◆ Choice: _____

Protein:

- ◆ Servings: 5 oz.
- ◆ Choice: _____

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WORKSHEET 5.2

"Choosin' Keeps You Cruisin'"

1. What is a better choice for an after-school snack: A bag of chips and a soda, or a glass of low-fat chocolate milk and a banana. Why?

Low-fat chocolate milk and a banana. Because the milk is from the dairy group and the banana is from the fruit group, and the chips and soda are both from the fats and oils group. The banana and milk are healthier.

2. What's a better choice to snack on at a party? A slice of low-fat cheese with whole-wheat crackers, or tortilla chips and salsa? Why?

Low-fat cheese and crackers. Because the cheese gives us a serving of dairy and the crackers give us a serving of wheat. The chips are considered fats and oils.

Complete the Crossword Puzzle:

ACROSS

- Helps build and repair everything in the body.
- Keeps fluids balanced and blood pressure normal.
- Builds strong bones and teeth.
- Number of minutes we need of physical activity daily.
- Vitamin B¹² helps the body make _____ blood cells.
- Number of food groups on Food Guide Pyramid.

DOWN

- Helps body change food to energy
- Number of dairy servings we need each day.

