

NAME: _____

WORKSHEET 5.1

"Choosin' Keeps You Cruisin'"

1. List four nutrients found in milk:

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

Calcium: _____

Protein: _____

Riboflavin: _____

3. Why it is important that we make good choices when it comes to choosing which foods we eat? _____

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: _____
- ◆ Choice: _____

Vegetables:

- ◆ Servings: _____
- ◆ Choice: _____

Fruits:

- ◆ Servings: _____
- ◆ Choice: _____

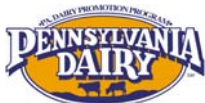
Milk:

- ◆ Servings: _____
- ◆ Choice: _____

Protein:

- ◆ Servings: _____
- ◆ Choice: _____

MyPyramid For Kids
Eat Right. Exercise. Have Fun.





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?

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?

Complete the Crossword Puzzle:

ACROSS

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

DOWN

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

