

Choosin' Keeps You Cruisin'

Key Vocabulary

Nutrition: the act or process of nourishing or of taking in food.

Nutrients: a source of nourishment.

MyPlate: a guide to nutrition that the U.S. Department of Agriculture has developed to advise everyone on healthy eating habits.

Vitamin: organic substances essential in small quantities and found in food.

Minerals: inorganic elements that are essential to the functioning of the human body and are obtained from foods.

Calcium: a mineral that helps the body build strong bones and aids in many other bodily functions.

Potassium: a mineral that helps keep our fluids balanced and blood pressure normal.

Magnesium: a mineral that helps give us dense bones and muscles.

Phosphorus: a mineral that gives us strong bones and teeth

Protein: a nutrient that helps build and repair every-thing in our bodies.

Riboflavin: a vitamin that helps our bodies change food into energy.

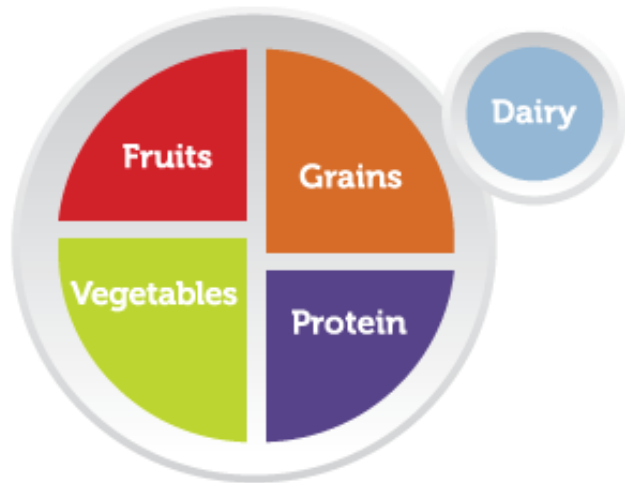


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Guided Reading Pamphlet

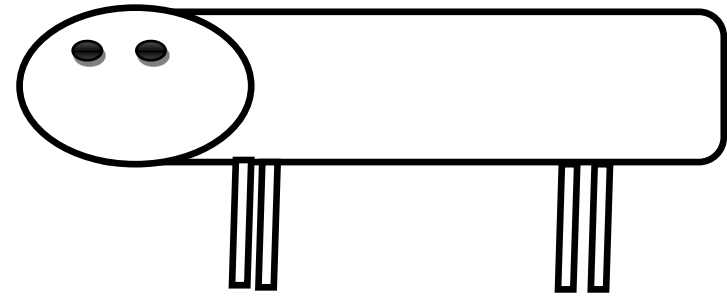


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Kids and adults need to make good choices so we can stay strong and healthy. One good choice we can make is choosing foods from each of the five food groups recommended in “MyPlate.”

The five food groups are grains, vegetables, fruits, milk and protein. Following the directions to make a “Floating Cheese Bug” will demonstrate how many servings we need of each food group every day.



The pretzel sticks represent the grain group. Kids should eat 6 ounces of whole grains every day, and one ounce is equal to a slice of bread or a 1/2 cup of cereal.

After you’re finished making your bug, it is ready to eat as a great afternoon snack. Make sure to follow it with some physical activity like running, jumping rope or playing on the playground.



Next, you should put the raisins on the front part of the string cheese for eyes. Break the pretzel sticks in half and put three half sticks on either side of the cheese for legs.

The raisins represent the fruit group. Fruits are nature's sweet treats, and kids should eat at least 1 1/2 cups every day.



To make a cheese bug, you must have the following items:

- ▶ Raisins
- ▶ Pretzel Sticks
- ▶ String Cheese
- ▶ Peanut Butter
- ▶ Celery Stick

Make sure you have all of the ingredients before you begin.



The first step is to spread a spoonful of peanut butter onto the celery stick. The celery stick is from the vegetable group. Kids should eat 2 1/2 cups of vegetables every day, and they should vary in color.

The peanut butter represents the meat and protein group. Kids should eat 5 ounces of lean or low fat meat or nuts, and ask for your meat baked or broiled, not fried.



Next, put the unwrapped string cheese on top of the peanut butter so it looks like it is sitting on a boat.

The string cheese is from the milk group. Kids should eat three servings of low fat or non-fat milk and dairy products every day for strong bones and teeth.