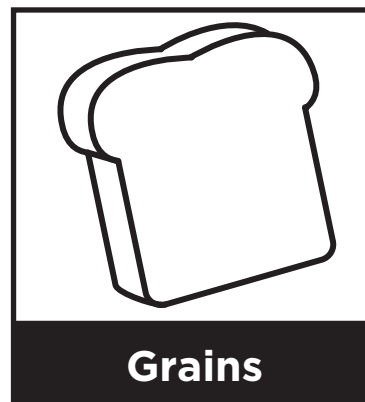
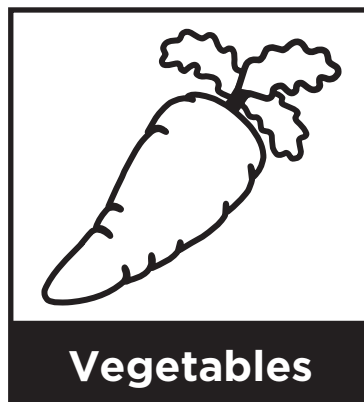
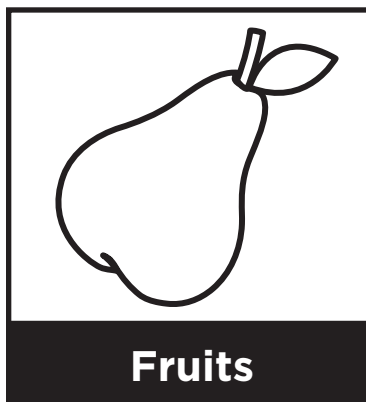
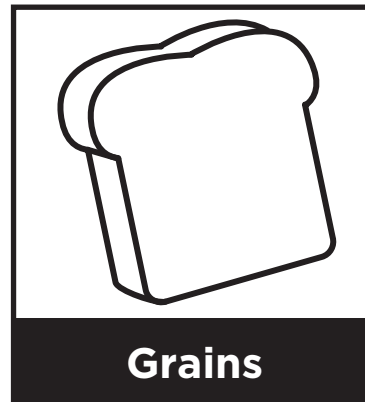
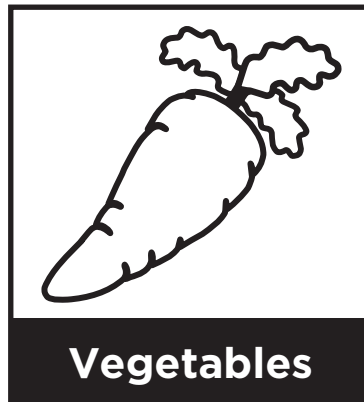
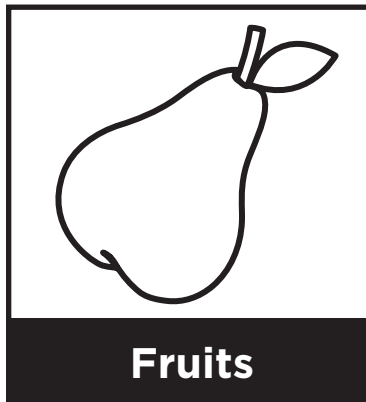


## Activity 1: Foods to Grow On

You need many different foods to grow. Foods come in many different sizes, shapes, and colors. One way to think about foods is to group them. There are five food groups. The names of the groups are: FRUITS, VEGETABLES, GRAINS, PROTEIN FOODS, DAIRY. You should eat foods from each of the five food groups every day.

**Can you match these foods to their food group?**

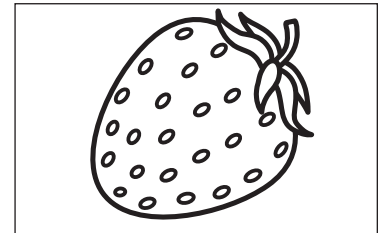
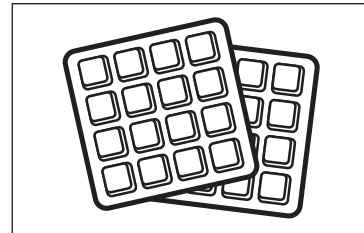
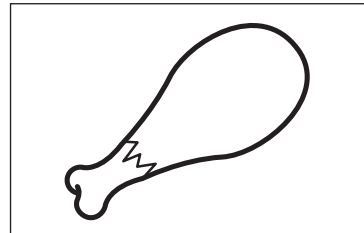
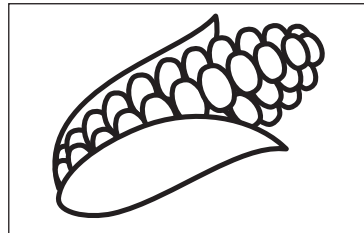
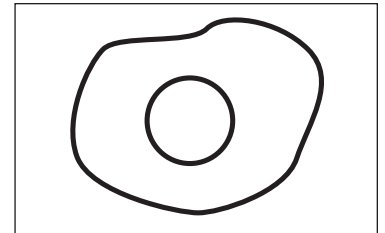
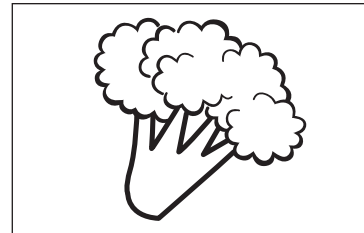
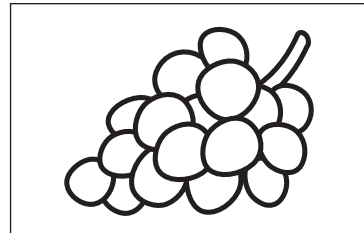
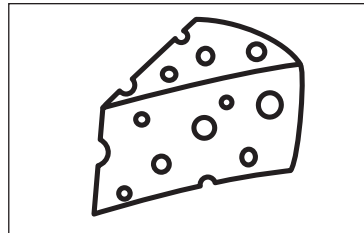
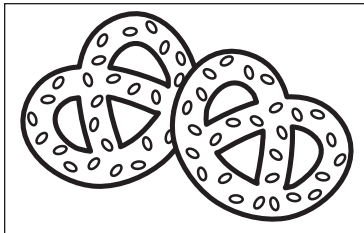
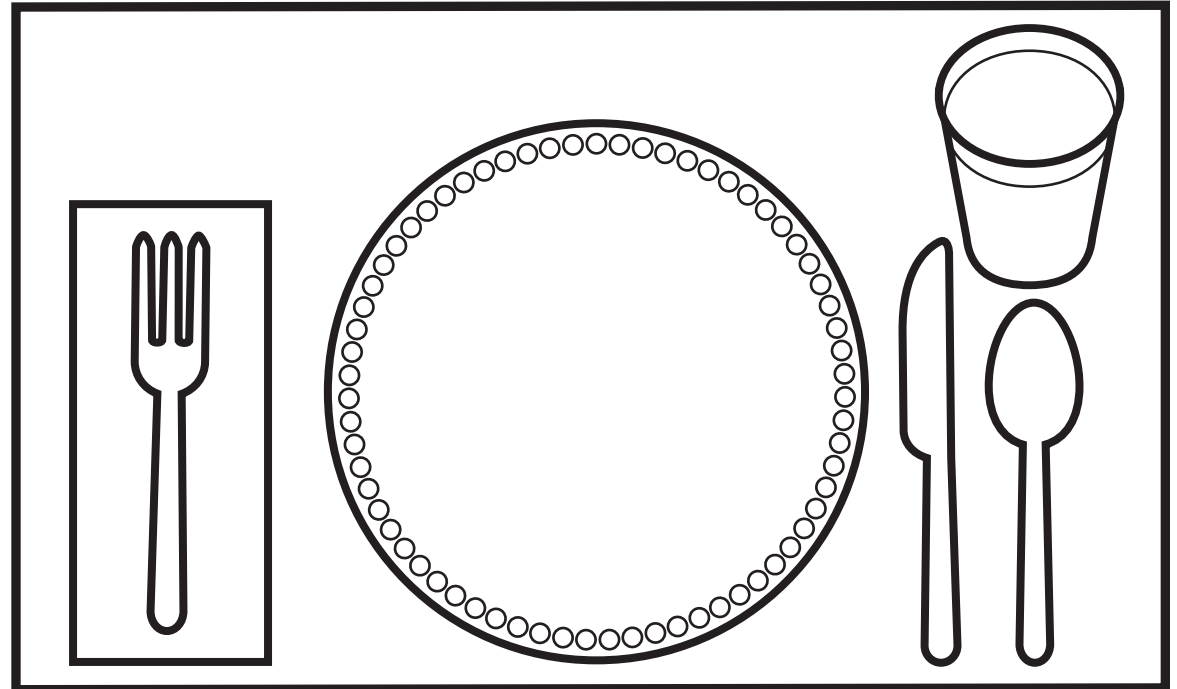
Cut out the cards with your teacher. Next, mix up the cards and place them face down on a table. Turn over the cards two at a time. Do they match? If not, turn them back over and try again. When you have matched all the pairs, the game is over. Good job; you know your food groups!



## Activity 2: In the Mood for Food

Food is fuel for your body. It helps you grow up strong and healthy, but you need many different foods. Your body needs three meals every day for energy to grow.

Look at all the foods and drinks on this page. Pick out your favorite foods and create a meal you'd like to eat. Use your scissors to cut out the foods. Paste your meal on the plate on the placemat. Write your name on the placemat and share your artwork with your friends.

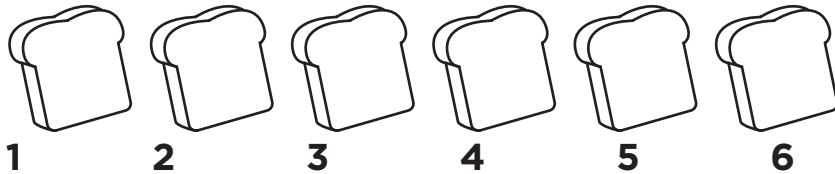


What foods do you like? Pick a partner and share your favorite foods with each other. We need to eat foods from all five food groups to keep our bodies healthy.

Look at the foods on this page. We are going to count them. How high can you count? Count out loud from 1 to 10 with your teacher, then count the number of foods in each group. How many did you count? Circle that number in each group.

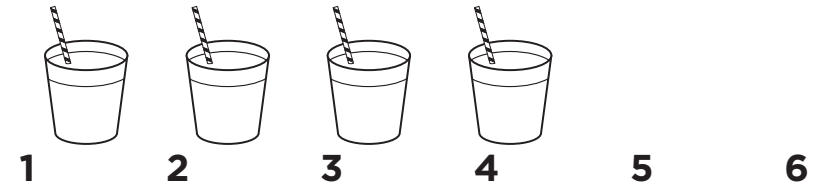
### 1. Grain Group

How many slices of bread do you count?



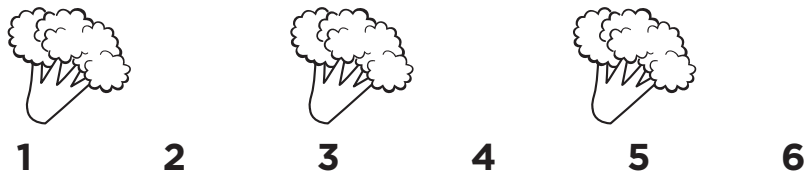
### 4. Dairy Group

How many glasses of milk do you count?



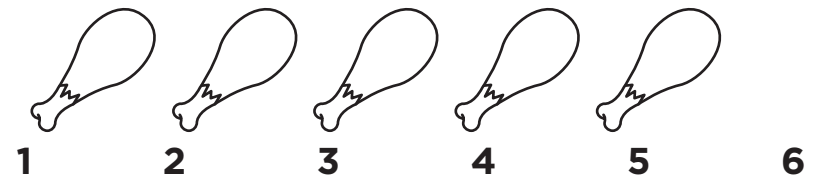
### 2. Vegetable Group

How many pieces of broccoli do you count?



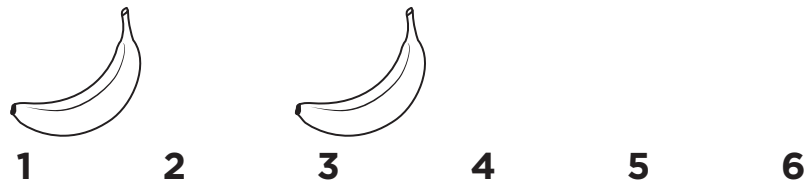
### 5. Protein Group

How many chicken legs do you count?



### 3. Fruit Group

How many bananas do you count?



## Activity 4: Do the Dairy Search

Your body is growing fast! It needs many foods to stay healthy. One important food is milk. Milk is good for your growing bones and teeth. Many foods are made from milk. They are called Dairy Group foods. Your body needs three servings of milk or Dairy Group foods each day.

Look at the food pictures here. Five of these foods are made with milk. Do you know what they are? Circle the foods made with cows' milk. Then pick your favorite ice cream flavor and color the ice cream picture.

