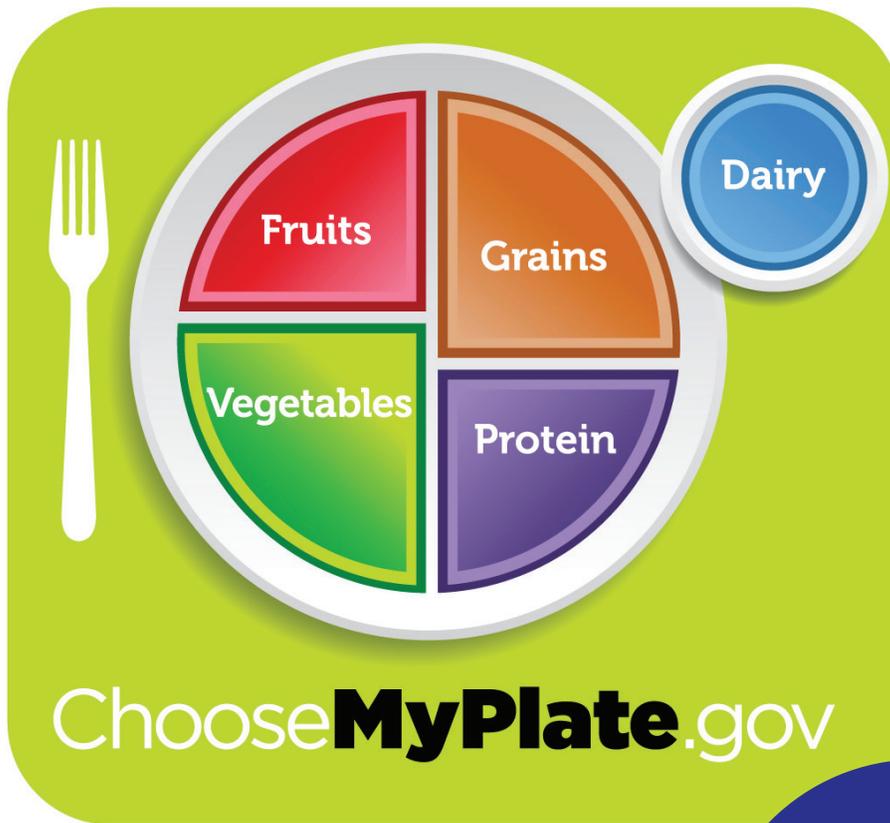


Handouts





MyColor Tracker

Color in one square for every serving.

								Total
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								

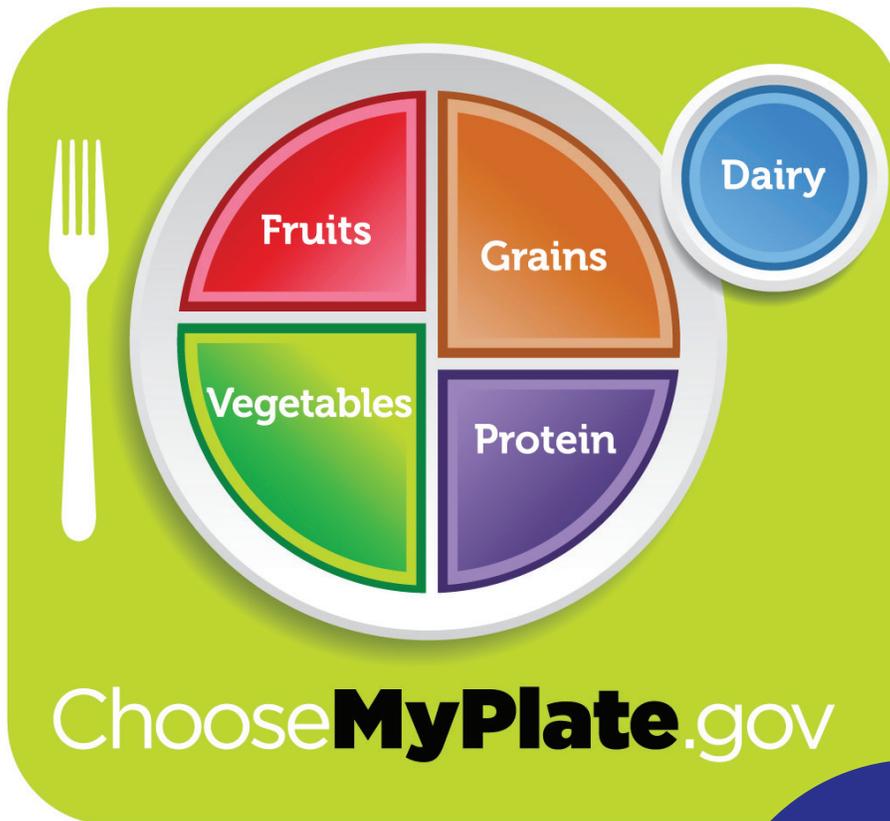
Day 1	
Food Eaten	Color

Day 4	
Food Eaten	Color

Day 2	
Food Eaten	Color

Day 5	
Food Eaten	Color

Day 3	
Food Eaten	Color



MyPlate Tracker

Color in one square for every serving.

	Day 1	Day 2	Day 3	Day 4	Day 5	Total
Fruits						
Vegetables						
Protein						
Grains						
Dairy						
Extras						

Extras are foods that do not fit into a MyPlate food category.

Day 1	
Food Eaten	Food Category

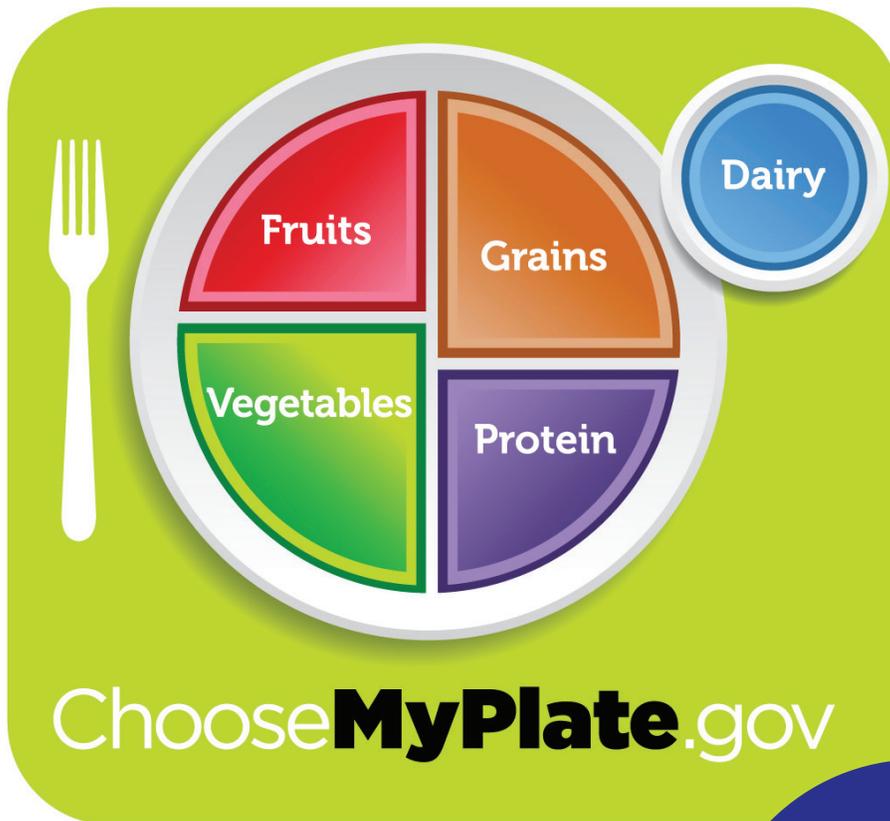
Day 4	
Food Eaten	Food Category

Day 2	
Food Eaten	Food Category

Day 5	
Food Eaten	Food Category

Day 3	
Food Eaten	Food Category

Food Category Key: Fruit, Vegetable, Protein, Grain, Dairy or Extra



MySnack Tracker

Color in one square for every serving.

	Day 1	Day 2	Day 3	Day 4	Day 5	Total
Fruits						
Vegetables						
Protein						
Grains						
Dairy						
Extras						

Extras are foods that do not fit into a MyPlate food category.

Day 1	
Food Eaten	Food Category

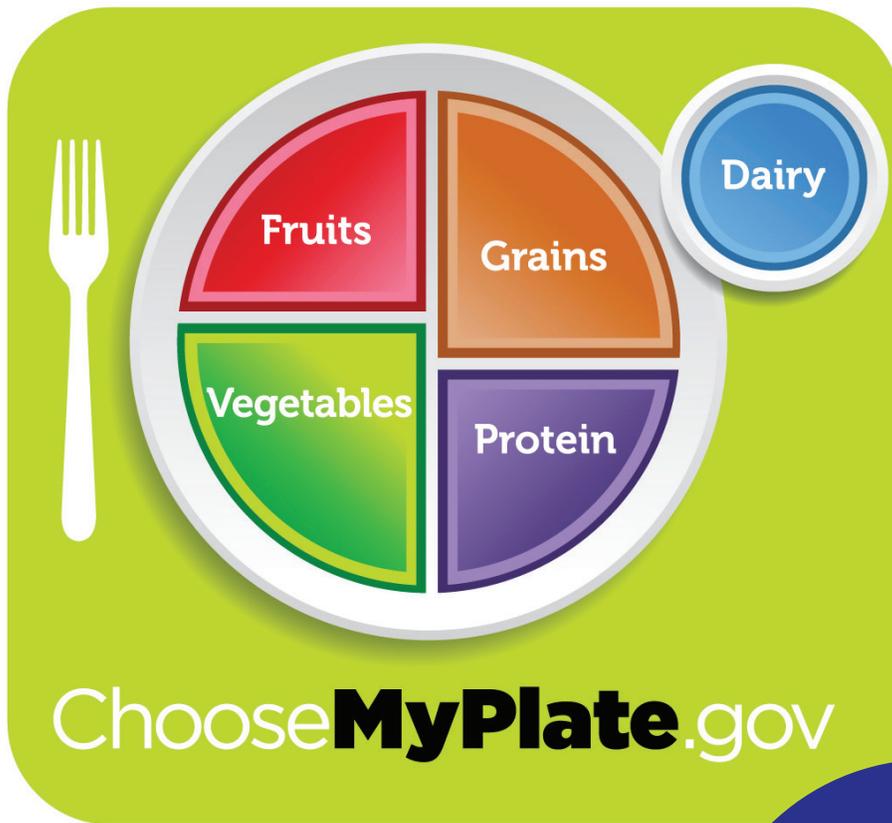
Day 4	
Food Eaten	Food Category

Day 2	
Food Eaten	Food Category

Day 5	
Food Eaten	Food Category

Day 3	
Food Eaten	Food Category

Food Category Key: Fruit, Vegetable, Protein, Grain, Dairy or Extra



MyBeverage Tracker

Color in one square for every serving.

	Day 1	Day 2	Day 3	Day 4	Day 5	Total
Fruits						
Vegetables						
Dairy						
Water						
Extras						

Extras are beverages that do not fit into a MyPlate food category.

Day 1	
Beverage	Food Category

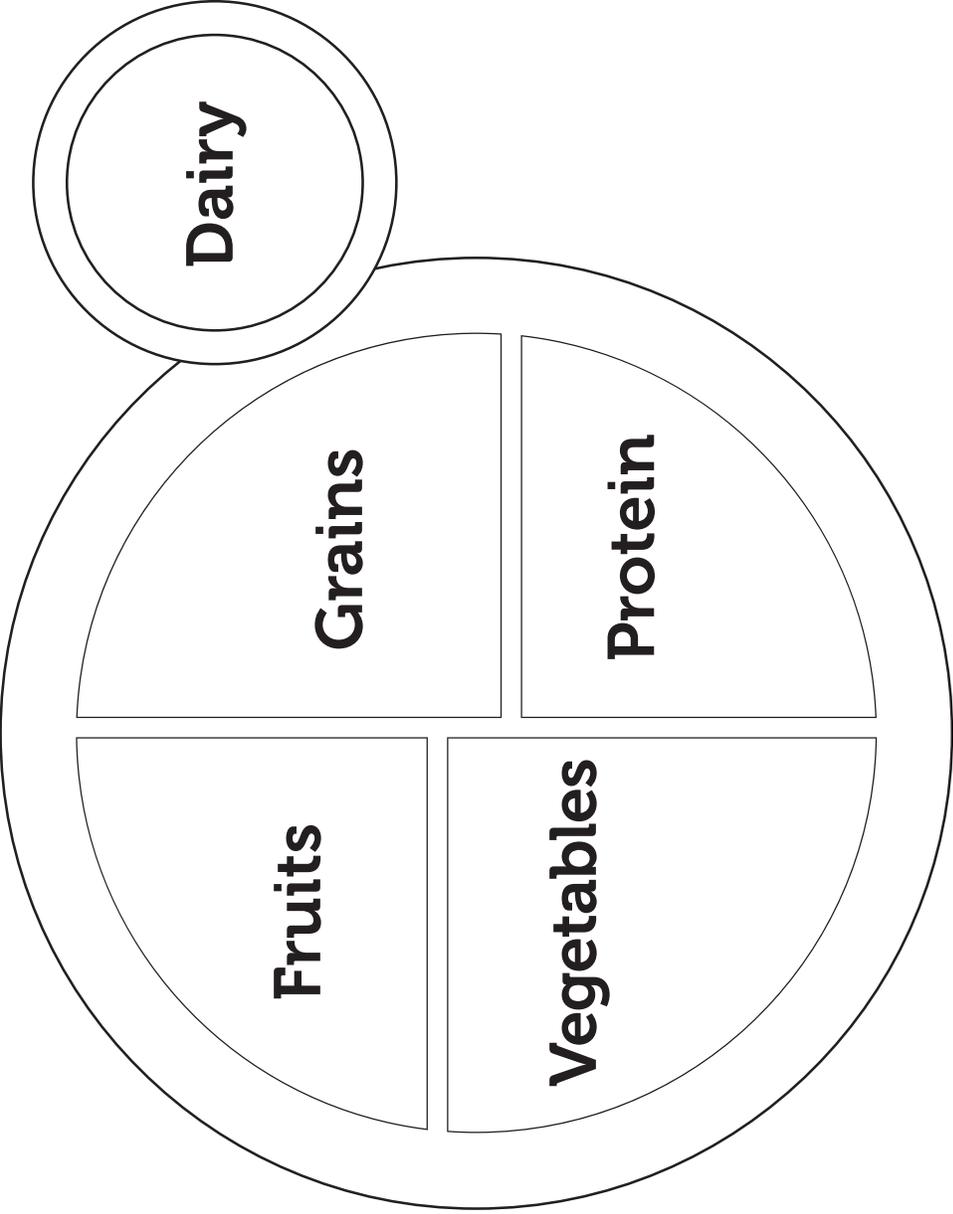
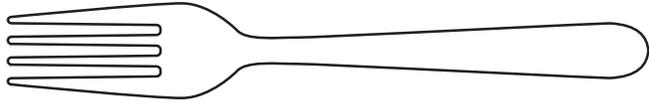
Day 4	
Beverage	Food Category

Day 2	
Beverage	Food Category

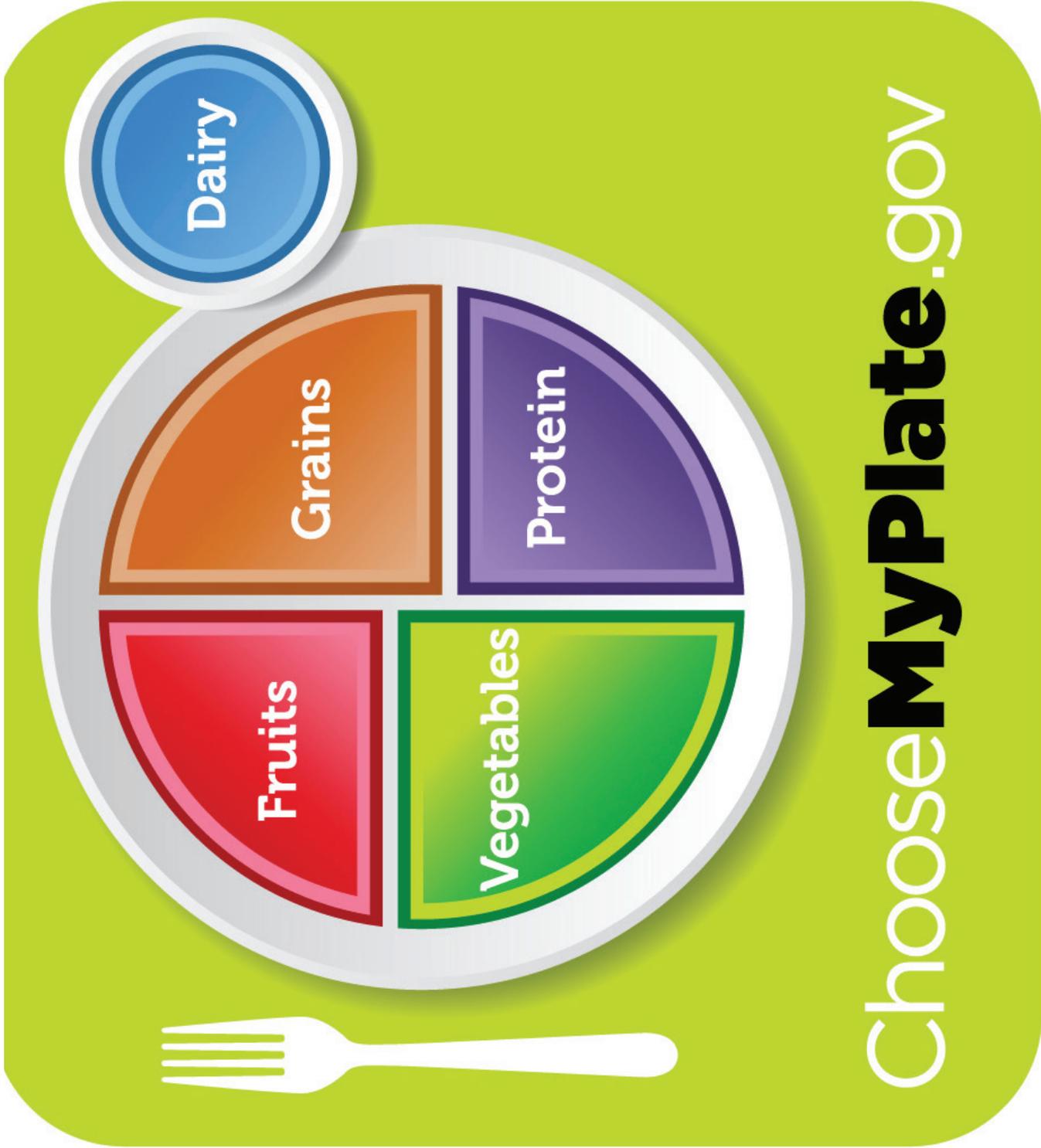
Day 5	
Beverage	Food Category

Day 3	
Beverage	Food Category

Beverage Category Key: Fruit, Vegetable, Dairy, Water or Extra



ChooseMyPlate.gov



Choose **MyPlate**.gov

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Twist	Jump Squats	Bowling	Jump for Joy	Wall Sit (or squat by your chair)
Triangle	Running (in place)	Write in your favorite _____	Walk the Dog	Push Up and Power Jump
Mountain	Jack & Jills	FREE SPACE	Help around the House	Plank
Down Dog	Skip	Swing	Take the Stairs	Air Punches
Walk the Plank	Dance, Dance, Dance!	Canoe	Touch your toes — one at a time!	Bicep Curl

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Twist	Skip	Skateboard	Play Outside	Lunge
Stork Stand	Jump Squats	Write in your favorite _____	Run a Race	Push Up and Power Jump
Tree	Jack & Jills	FREE SPACE	10,000 Steps	Proud Warrior
Up Dog	Swim	Pogo	Take the Stairs	Sit Ups
Triangle	Fast Claps	Canoe	Walk to School	Bicep Curl

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Reverse Triangle	Star Jumps	Dribble	Leap	Wall Sit (or squat by your chair)
Mountain	Fast Walk	Write in your favorite _____	Walk to School	Plank
One Foot Stance	Slide	FREE SPACE	Clean Your Room	Rope Climbing
Walk the Plank	Dance, Dance, Dance!	Soccer	Play Outside	Karate
Tripod	Bike	Hide and Seek	Touch your toes — one at a time!	Push Up and Power Jump

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Down Dog	Jack & Jill	Golf	Play Outside	Proud Warrior
Triangle	Fast Clasps	Write in your favorite _____	Hop	Lunge
Cat Stretch	Fast Walk	FREE SPACE	Help Around the House	Push Up
Twist	Skip	Kickball	Walk the Dog	Air Punches
Tripod	Running (in place)	Bowling	10,000 Steps	Karate

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Down Dog	Jack & Jills	Golf	Play Outside	Proud Warrior
Triangle	Fast Clasps	Write in your favorite _____	Hop	Lunge
Cat Stretch	Fast Walk	FREE SPACE	Help Around the House	Push Up
Twist	Skip	Kickball	Walk the Dog	Air Punches
Tripod	Running (in place)	Bowling	10,000 Steps	Karate

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Down Dog	Jack & Jills	Golf	Play Outside	Proud Warrior
Triangle	Fast Walk	Write in your favorite _____	Leap	Air Punches
Stork Stand	Swim	FREE SPACE	Hop	Wall Sit (or squat by your chair)
Twist	Slide	Ski	Take the Stairs	Rope Climbing
Tree	Bike	Pass	Touch your toes — one at a time!	Sit Ups

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
		FREE SPACE		

Fitness BINGO

Balance	Heart	Fun & Games	Everyday	Strength
		FREE SPACE		

Cards/Slips for BINGO

Balance	Heart	Fun & Games	Everyday	Strength
Twist	Running	Bowling	Play Outside	Wall Sit
Triangle	Jack and Jills	Swing	Walk the Dog	Push Up and Power Jump
Mountain	Squat Thrusts (jumps)	Canoe	Help Around the House	Plank
Down Dog	Skip	YOUR FAVORITE	Take the Stairs	Proud Warrior
Up Dog	Dance, Dance, Dance!	Skateboard	Toe Touches	Air Punches
Walk the Plank	Fast Walk	Pass — Foot or Throwing	Leap	Biecep Curl
One Foot Stance	Slide	Kickball	Walk to School	Rope Climbing
Cat Stretch	Swim	Hide and Seek	10,000 Steps	Sit Ups
Tree	Crab Crawl	Soccer	Hop	Lunge
Reverse Triangle	Bike	Golf	Clean Your Room	Karate
Tripod	Star Jumps	Water or Snow Ski	Run a Race	
Stork Stand	Fast Claps	Ice or Roller Skate	Jump for Joy	
		Dribble		
		Pogo		

Food Cards By Level and Food Category



LEVEL 1

Fruit	apples, strawberries, pineapple, orange slices, banana, grape
Vegetable	tomato, radish, carrot, corn, baked potato, broccoli
Protein	grilled chicken, scrambled eggs, hamburger, red beans, tuna fish, peanut butter
Grain	oatmeal, popcorn, whole wheat bread, brown rice, corn tortilla, spaghetti
Dairy	low-fat (1%) milk, 2% milk, chocolate milk, string cheese, yogurt, cheese cubes
Extra	French fries, chicken nuggets, fruit snacks, hot dog, oatmeal cookie, juice box
BLANK	One blank sheet to create your own cards

LEVEL 2

Fruit	cherries, grapefruit, cantaloupe, peaches, tangerines, dates
Vegetable	beets, summer squash, sweet potato, cauliflower, mushroom, red pepper
Protein	pork chop, baked beans, turkey, fish, refried beans, meatloaf
Grain	whole wheat crackers, macaroni, wild rice, whole wheat burger bun, corn flakes, pita
Dairy	cottage cheese, milkshake, pudding, Swiss cheese, soy milk, fruit smoothie
Extra	potato chips, chocolate chip cookies, cake, salad dressing, candy bar, pepperoni pizza

LEVEL 3

Fruit	watermelon, raspberries, dried apricots, lemon, fried plantain, avocado
Vegetable	radicchio, pumpkin, jicama, vegetable soup, spinach salad, eggplant
Protein	peanuts, hummus, veggie burger, steak, sausage links, black bean soup
Grains	couscous, bagel, English muffin, animal crackers, graham crackers, cereal
Beverage	tap water, flavored water, sport drink, cola, fruit punch, apple juice orange juice, lemonade, hot chocolate, coffee, diet cola, fruit sport drink
Extra	fruit pie, crackers and cheese spread, ramen noodles
Combination	chef salad, lasagna, cheese pizza

Book List



KINDERGARTEN

Eating the Alphabet by Lois Ehlert
(Voyager Books, ISBN 978-0-152244354)

The Fruit Group by Helen Frost
(Capstone Press, ISBN 0-7368-0537-0)

Green Beans, Potatoes, and Even Tomatoes:
What Is In The Vegetable Group?
by Brian P. Cleary and Martin Goneau
(Millbrook Press, ISBN 978-0-76-136338-5)

Gregory, the Terrible Eater by Mitchell Sharmat
(Scholastic, ISBN 978-0-54-512931-2)

How Do Dinosaurs Eat Their Food?
By Jane Yolan and Mark Teague
(Scholastic, ISBN 978-0-439241021)

Huggles Breakfast by Joy Cowley
(The Wright Group, ISBN 978-0-780248748)

Jamie O'Rourke and the Big Potato by Tomie dePaola
(Penguin, ISBN 978-0-698116030)

Rah, Rah, Radishes! A Vegetable Chant by April
Sayre (Beach Lane Books, ISBN 978-1-442421717)

Sid the Science Kid: Why Can't I Have Cake for
Dinner? by Jodi Huelin
(Harper, ISBN 978-0-061852664)

We Like Fruit by Cynthia Swain (Benchmark Educa-
tion, My First Readers' Theatre Science)

FIRST GRADE

Anno's Magic Seeds by Kenneth Grahame
(Penguin, ISBN 978-0-698116184)

Apple Fractions by Jerry Pallotta
(Scholastic, ISBN 978-0-439389013)

Blueberries for Sal by Robert McClosky
(Penguin, ISBN 978-0-140501698)

Eat Green by Jean Feldman and Holly Karapetkova
(Rourke Publishing, ISBN 978-1-615901890)

How Do You Feed a Hungry Giant?
By Caitlin Friedman (Workman Publishing Company,
ISBN 978-0-761157526)

Stone Soup by Marcia Brown
(Aladdin, ISBN 978-0-689711039)

Sweet Tooth by Margie Palatini
(Simon and Schuster, ISBN 978-0-689851599)

The Matzah Man by Naomi Howland
(Houghton Mifflin Harcourt, ISBN 978-0-
618117505)

The Vegetable Alphabet Book by Jerry Pallotta
(Charlesbridge, ISBN 978-0-881064698)

What Should I Put on My Plate by Cathy Torrisi
(Abrams Learning Trends, ISBN 978-0-766419872)

SECOND GRADE

Cloudy with a Chance of Meatballs by Judi Barrett
(Atheneum, ISBN 978-0-689707490)

Food by Laura Byller
(DK Publishers, ISBN 978-0-756611729)

Food Fight by Carol Shields
(Chronicle Books, ISBN 978-1-929766291)

June 29, 1999 by David Wiesner
(Clarion, ISBN 0-395-59762-5)

Macaroni and Rice and Bread by the Slice: What's
In the Grain Group? By Brian Cleary
(Millbrook Press, ISBN 978-0-761363866)

Math Potatoes: Mind-Stretching Brain Food
by Greg Tang (Scholastic, ISBN 978-0-439443906)

Lousy Rotten Stinkin' Grapes by Margie Palatini
(Simon and Schuster, ISBN 978-0-689802461)

One Grain of Rice by Demi
(Schoastic, ISBN 978-0-590939980)

The Yummy Alphabet Book by Jerry Pallotta and Lane
Evans (Charlesbridge, ISBN 978-0-881068986)

Tops and Bottoms by Janet Stevens
(Harcourt Brace, ISBN 978-0-15-2928510)

Classrooms that Move!

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Kindergarten

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