

# Nutrition Activities— Additional Resources

# Combination Food Pictures

Pepperoni Pizza



Shrimp Spring Roll



**Beef Taco**



**Vegetarian Pasta**



Chicken Stew



Cheeseburger



**Ham Sandwich**



**Macaroni and Cheese**





# FAST. FRESH. FROM A FARM FAMILY NEAR YOU.

Dairy farm families work hard to ensure that their dairy cows are healthy and well cared for, that the environment on and around their farms is protected, and that the milk they produce is safe and of high quality. There is a whole lot that goes into every nutritious glass of milk. Not to mention every nibble of cheese and spoonful of yogurt.



## DID YOU KNOW ...

- Most of the milk you drink comes from local dairy farms.
- Milk gets from your local dairy farm — to inspection, pasteurization and processing — to you in 48 hours or less.
- Fresh milk straight from the cow is 101 degrees. That's because dairy cows are warm-blooded animals. Milk is then quickly cooled and kept cold — a refreshing 35-40 degrees.
- Both white milk and flavored milk are packed with 9 essential nutrients.
- Children ages 4-8 should consume 2.5 servings of low-fat or fat-free dairy products, such as milk, cheese and yogurt, each day. And children 9 and older should consume 3 servings per day.
- Chocolate milk provides protein and other nutrients that benefit your body after periods of activity, such as sports practice or competition.
- You'd need to eat 3 cups of cooked broccoli to equal the amount of calcium in 1 cup of milk.
- Milk is the No. 1 source of calcium in the American diet.
- A single dairy cow will produce 6 to 7 gallons of milk per day. That is about 90 glasses of milk a day.
- It only takes 5 to 10 minutes to milk a cow on today's dairy farms.
- Water used to clean the milking equipment and dairy barn is then recycled to irrigate fields to grow crops.
- Manure is recycled and is used by dairy farmers to fertilize their crops and for people to fertilize their gardens.
- Dairy farming provides 130,000 jobs in the United States.
- There are 51,000 dairy farms in the United States, and 98 percent of them are family owned.
- A dairy cow will eat 90 pounds of nutritious feed and drink about 50 gallons of water each day.
- Dairy cows get regular visits from veterinarians and nutritionists.
- Dairy production contributes less than 1 percent of U.S. greenhouse gas emissions.
- Dairy products are some of the most highly regulated foods in the U.S.
- It takes 19 cups of milk to make 1 pound of cheese.

**FAST.  
FRESH.**

# FROM A FARM FAMILY NEAR YOU.

## CROSSWORD PUZZLE

### DOWN

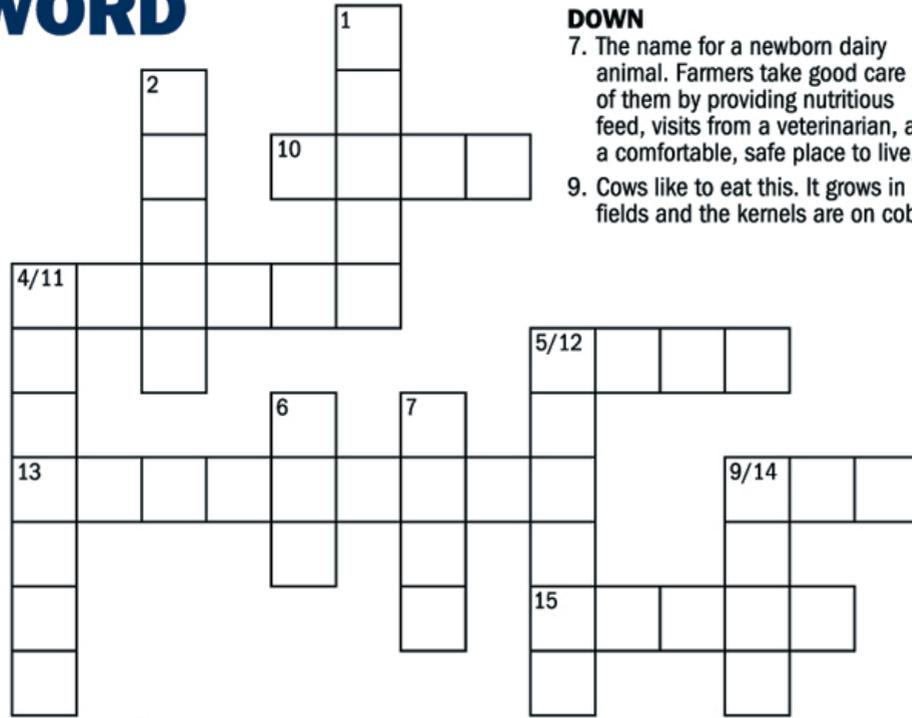
- Milk is this color because it contains casein, a protein that has lots of calcium.
- This part of a cow's body can hold 25-50 pounds of milk. No wonder she's so eager to be milked!
- This nutrient gives you strong bones and teeth. The best way to get more of this nutrient is to eat dairy foods.
- Farmers care for this area of land used to grow feed for their animals.
- What noise do cows make?

### DOWN

- The name for a newborn dairy animal. Farmers take good care of them by providing nutritious feed, visits from a veterinarian, and a comfortable, safe place to live.
- Cows like to eat this. It grows in fields and the kernels are on cobs.

### ACROSS

- This is one of the healthiest beverages you can drink. It's packed with nutrients!
- This delicious dairy food comes in American, Cheddar, string and other varieties.
- Where cows and farmers live.
- This flavor of milk has the same nutrients as non-flavored white milk.
- This animal has unique spots like fingerprints or snowflakes—no two are the same.
- An Environmental Protection Agency study shows that this industry contributes less than 1% of U.S. greenhouse gas emissions.



### Words TO LEARN

#### Sustainability

Providing nutritious dairy foods in a way that makes the industry, people and the earth economically, environmentally and socially better.

#### Heifer

A young cow, between birth and about 2 years old that has not yet given birth to a calf.

#### Nutrients

Elements found in food necessary for life, health and growth.

#### Pasteurize

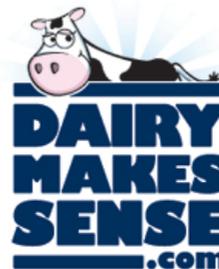
To heat milk to 160°F or above for 15 seconds to destroy bacteria and keep milk safe and wholesome.

#### Udder

The part of the cow's body where milk is produced.

#### Veterinarian

An animal doctor that helps dairy farmers assure the health and well-being of their cows.



LEARN  
more about  
milk,  
dairy foods  
& dairy  
farming  
HERE!





# FROM A FARM FAMILY NEAR YOU.

Dairy farm families and their employees work every day of the year—even holidays—to milk, feed and care for their animals. The Midwest is home to more than 9,000 dairy farms.

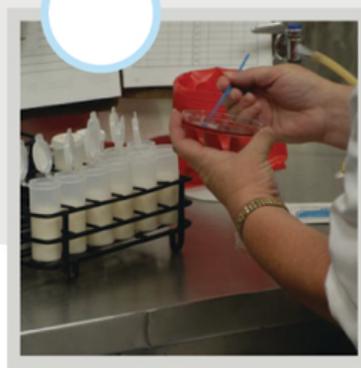
## PUT THESE IN ORDER

Follow milk's journey from its wholesome start to its delicious finish. Put these in order by numbering the steps from 1 to 6.



### PROCESSING

Milk is pasteurized and then placed in containers or made into other dairy foods such as cheese or yogurt.



### INSPECTION

All milk is tested at the processing plant for antibiotics and harmful bacteria. All milk must pass inspection to be sold to the public.



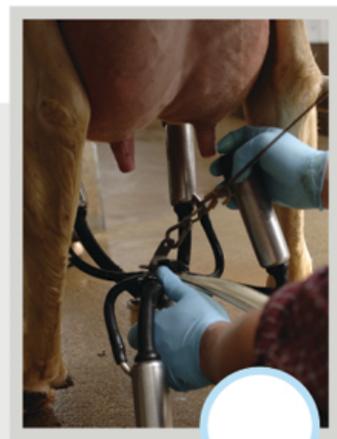
### FEEDING

Dairy cows eat about 90 pounds of feed per day, including grass, corn, hay, soybean meal, vitamins and minerals. Cows also have access to water which they drink throughout the day.



### TRANSPORTATION

Milk is fresh and local in the Midwest. It is picked up on farms in large insulated tanker trucks. It takes two days for milk to travel from the farm to grocery stores or schools.



### MILKING

Milking machines gently remove the milk from a cow's udder and then it is transferred to a refrigerated storage tank. Cows are milked two to three times a day and can produce about 90 glasses of milk a day.



### ENJOY

At home or at school, in restaurants or on the go, nutrient-rich dairy foods offer a tasty way to better health. Enjoy three servings of dairy every day.



*WHAT is black, white & green all over?*



The dairy industry has substantially reduced the environmental impact of producing milk. Compared to 1944, it takes 90% less cropland, 65% less water and 63% less carbon to produce a gallon of milk.



Answers from front page  
 ACROSS: 10-milk, 11-cheese, 12-farm, 13-chocolate,  
 14-cow, 15-dairy DOWN: 1-white, 2-udder, 4-calcium,  
 5-field, 6-moo, 7-calf, 9-corn  
 Put these in order (left to right)  
 5, 4, 1, 3, 2, 6

# Food Group "Go Fish" Cards

Print 2 sets for each game

VEGETABLES



Baked Potato

PROTEIN



Black Bean Soup

GRAINS



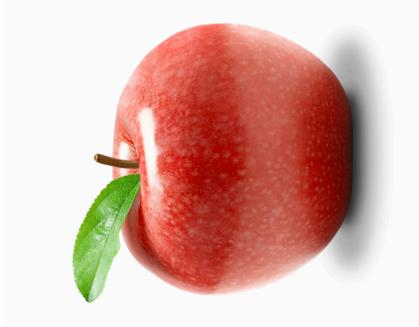
Bagel

GRAINS



Brownies

FRUITS



Apple

GRAINS



Cereal

FRUITS



Blueberries

FRUITS



Pear

VEGETABLES



Corn

VEGETABLES



Peas

GRAINS



Muffin

VEGETABLES



Green Beans

VEGETABLES



Cherry Tomatoes

FRUITS



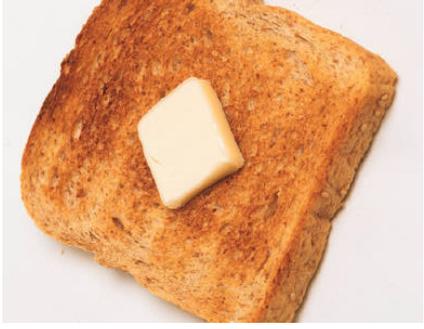
Fruit Salad

VEGETABLES



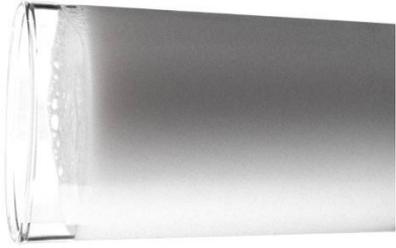
Salad

GRAINS



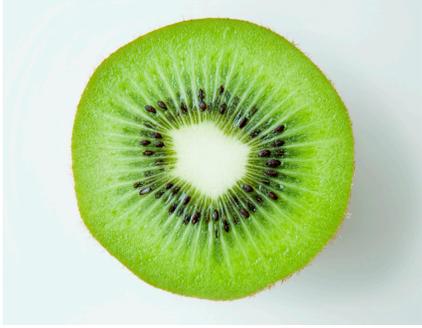
Whole Wheat Toast

DAIRY



Milk

FRUITS



Kiwi

DAIRY



Ice Cream

PROTEIN



Fish

FRUITS



Orange Juice

DAIRY



Milkshake

PROTEIN



Chicken

FRUITS



Mango

VEGETABLES



Yellow Pepper

FRUITS



Strawberries

GRAINS



Pretzel

DAIRY



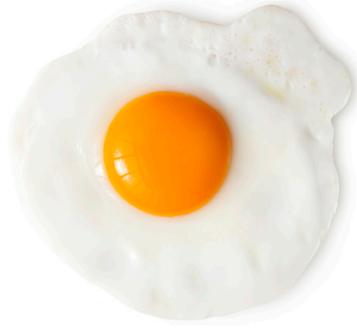
Swiss Cheese

GRAINS



Popcorn

PROTEIN



Egg

PROTEIN



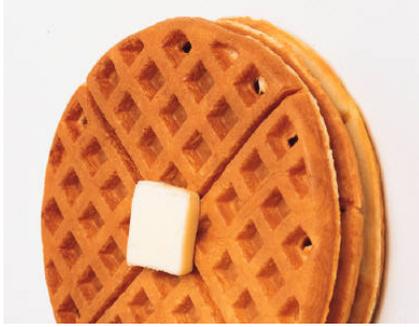
Peanuts

PROTEIN



Sausage

GRAINS



Waffles

FRUITS



Grapes

FRUITS



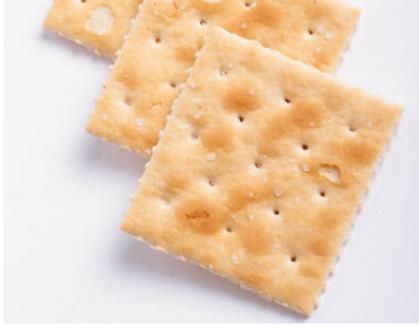
Watermelon

FRUITS



Frozen Fruit Juice Bar

GRAINS



Crackers

VEGETABLES



Cauliflower

VEGETABLES



Artichoke

GRAINS



Rice

FRUITS



Avocado

PROTEIN



Meatballs

VEGETABLES



Asparagus

FRUITS



Cherries

GRAINS



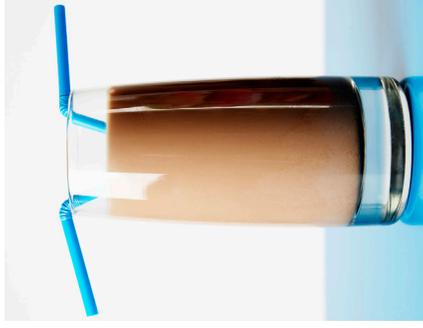
Pancakes

VEGETABLES



Vegetable Soup

DAIRY



Chocolate Milk

VEGETABLES



Broccoli

## Foodinaire Question Set #1:

Level 1	The skin on a ripe banana is what color? a) Orange b) Blue c) <b>Yellow</b> d) Purple
Level 2	The following is NOT a food group? a) Fruit b) Dairy c) Grains d) <b>Bacon</b>
Level 3	Which of the following foods is in the Dairy Group? a) Wheat Bread b) <b>Yogurt</b> c) Celery d) Pears
Level 4	Which of the following is considered a "Dark Green Vegetable"? a) <b>Romaine Lettuce</b> b) Iceberg Lettuce c) Cauliflower d) Kidney Beans
Level 5	One of MyPlate's consumer messages is to make half your plate what? a) Protein b) Dairy c) <b>Fruits and Vegetables</b> d) Grains
Level 6	Oranges are best known to be high in which Vitamin? a) Vitamin D b) <b>Vitamin C</b> c) Vitamin A d) Vitamin E
Level 7	Whole wheat bread contains what 3 parts of the kernel? a) <b>Bran, Germ, Endosperm</b> b) Bran, Oat, Kernel c) Germ, Kernel, Hull d) Endosperm, Grain, Millet
Level 8	Which of the following foods is an excellent source of omega-3 fatty acids? a) Chocolate b) Whole Grain Cereal c) <b>Salmon</b> d) Milk
Level 9	Antioxidants in food protect your cells from what? a) <b>Free Radicals</b> b) Fat Buildup c) Enlargement d) Hypertension
Level 10	Which type of cholesterol is good for your body? a) Low Density Lipoproteins (LDL) b) <b>High Density Lipoproteins (HDL)</b> c) Total Cholesterol d) Triglycerides

## Foodinaire Question Set #2:

Level 1	An orange is what color? a) <b>Orange</b> b) Blue	c) Yellow d) Purple
Level 2	Which of the following is a food group? a) Main Dish Group b) Appetizer Group	c) Dessert Group d) <b>Fruit Group</b>
Level 3	Which of the following foods is in the Grains Group? a) Apricot b) <b>Cereal</b>	c) Cottage Cheese d) Cucumber
Level 4	Which of the following is considered a "Starchy" Vegetable? a) <b>Potato</b> b) Carrots	c) Green Beans d) Black Beans
Level 5	According to MyPlate, Americans should make half their grains, what type? a) Refined Grains b) Multi-Grains	c) <b>Whole Grains</b> d) Brown Grains
Level 6	Dairy foods, like milk, are best known for what nutrient? a) Zinc b) <b>Calcium</b>	c) Magnesium d) Vitamin E
Level 7	Which of the following foods is a member of two food groups? a) <b>Beans</b> (protein and vegetables) b) Tomatoes	c) Fish d) Milk
Level 8	With the release of MyPlate in 2010, which food group below is a new name from previous guidelines? a) Fruits b) Grains	c) <b>Dairy (was milk group previously)</b> d) Vegetables
Level 9	Which of the following is not considered to be a whole grain? a) <b>Couscous</b> b) Oatmeal	c) Brown Rice d) Popcorn
Level 10	Omega-3 and Omega-6 fatty acids are known as "good" fats. What type of fat are they? a) Saturated fat b) <b>Monounsaturated fat</b>	c) Polyunsaturated Fat d) Triple-unsaturated Fat

### Foodinaire Question Set #3:

Level 1	Broccoli is what color? a) <b>Green</b> b) Blue	c) Yellow d) Purple
Level 2	Which of the following is NOT a type of milk? a) Skim Milk b) Whole Milk	c) 1% Milk d) <b>Half Milk</b>
Level 3	Which of the following foods is in the Vegetables Group? a) Apricot b) <b>Sweet Potato</b>	c) Oatmeal d) Cheese
Level 4	Children and adolescents aged 6-17 should get ___ minutes or more of physical activity each day? a) 30 b) 45	c) <b>60</b> d) 90
Level 5	Which of the following is NOT considered a "Starchy" Vegetable? a) <b>Asparagus</b> b) Peas	c) Potatoes d) Corn
Level 6	Which type of milk is considered to be low-fat? a) Skim b) <b>1%</b>	c) 2% d) Whole
Level 7	What organization developed the MyPlate graphic and guidance? a) <b>United States Department of Agriculture</b> b) Department of Health and Human Services	c) Department of Education d) United States Food Service
Level 8	With the release of MyPlate in 2010, which food group below is a new name from previous guidelines? a) Fruits b) Grains	c) <b>Protein (was meat and beans group)</b> d) Vegetables
Level 9	Which of the following foods is an excellent source of Vitamin C? a) <b>Kiwifruit</b> b) Peaches	c) Blueberries d) Cantaloupe
Level 10	How many calories does one gram of fat contain? a) 4 calories b) <b>9 calories</b>	c) 12 calories d) 15 calories

# Fruits and Veggies they're everywhere:

fresh, frozen, canned, dried and 100% juice!



fruits & veggies  
**more  
matters**<sup>TM</sup>  
[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---



---

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

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---



---

Name a vegetable you would like to try:

---



---



---

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

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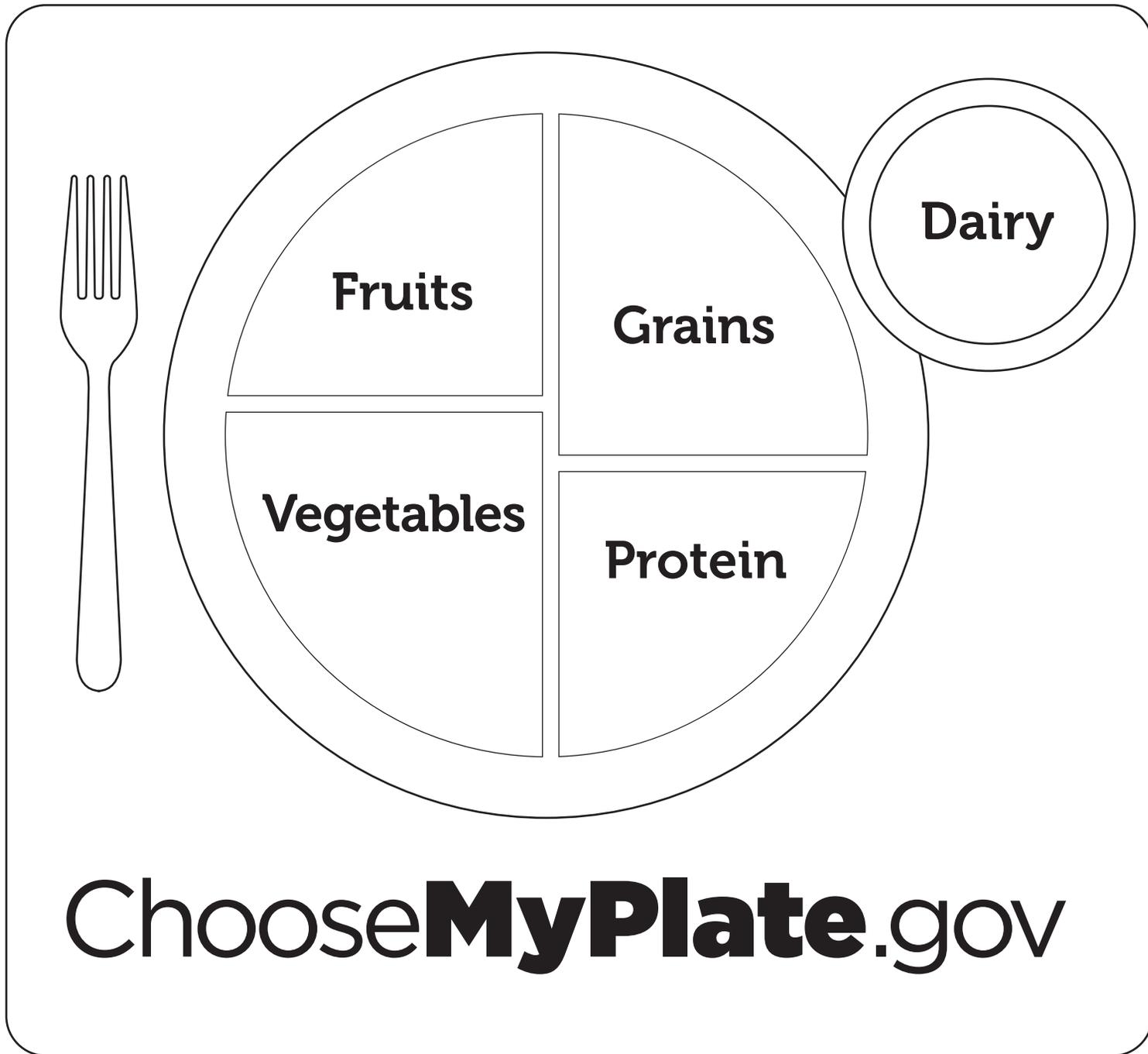


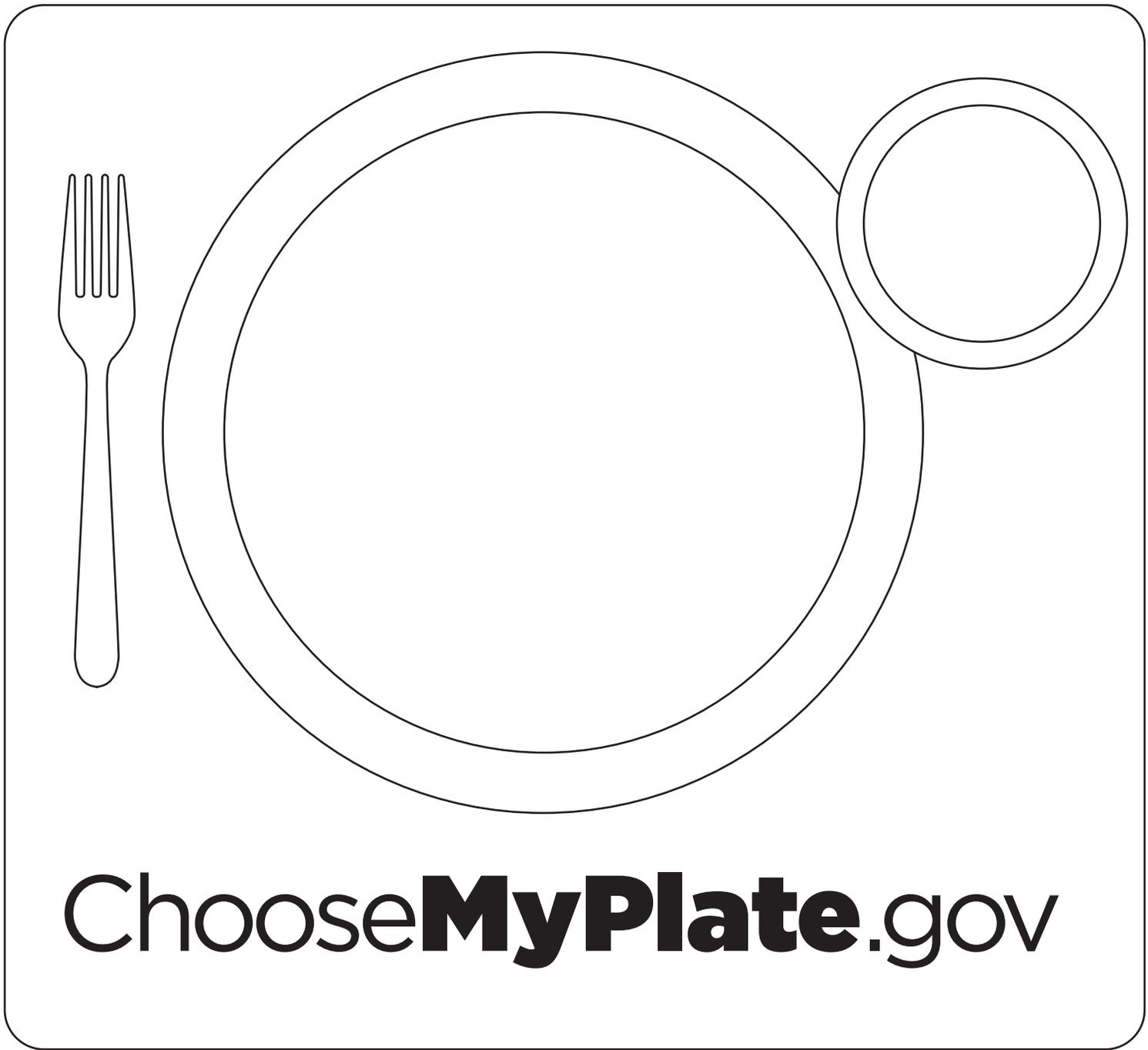
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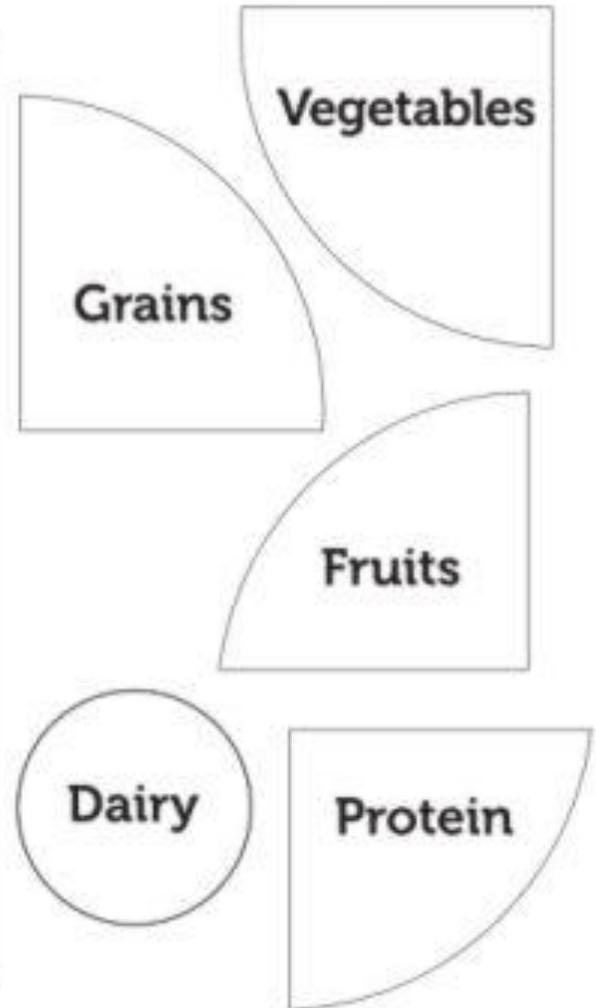






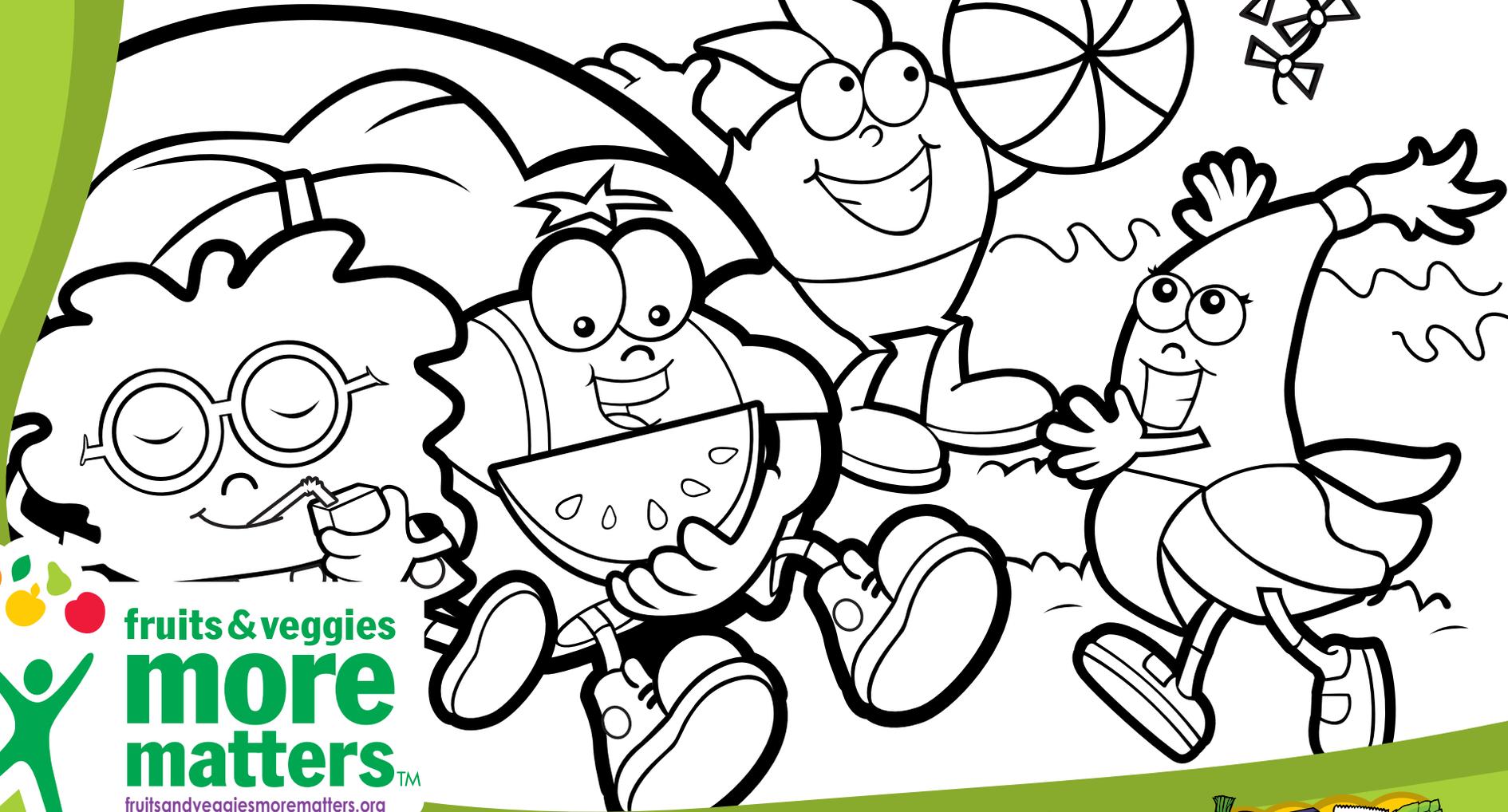
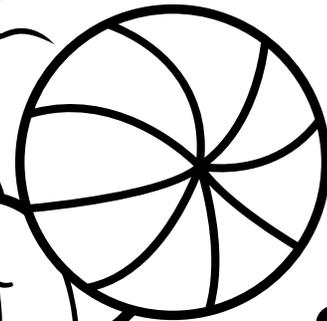
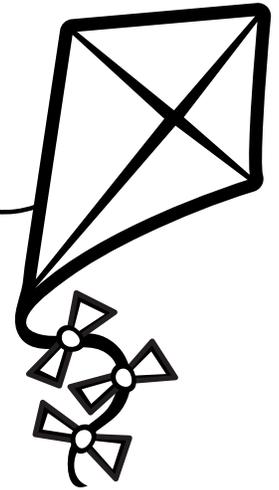
Choose **MyPlate**.gov

# MyPlate Puzzle



# Power your day

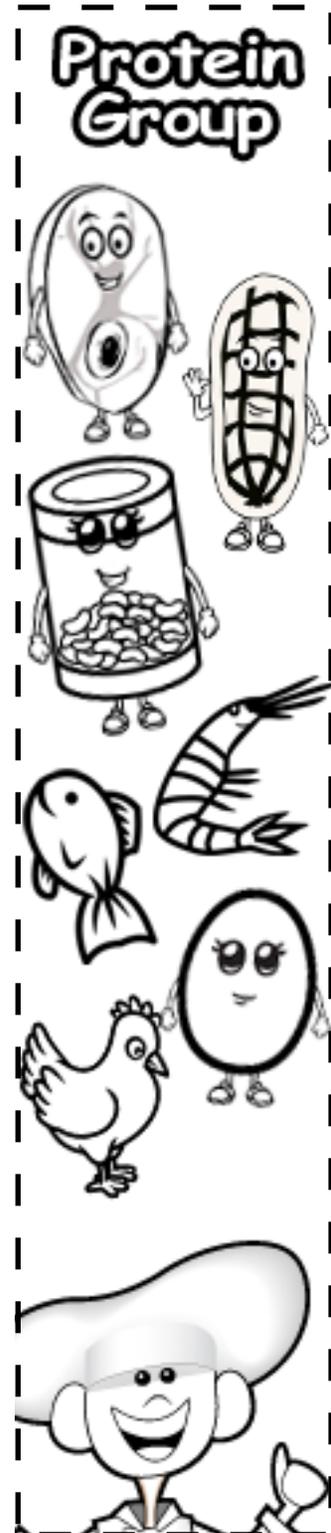
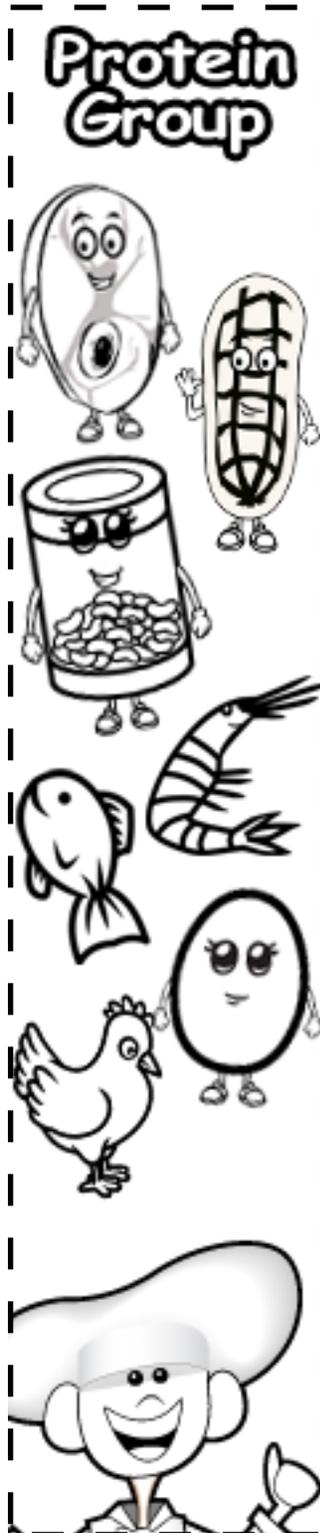
the fruit and veggie way!



fruits & veggies  
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# Chef Solus' Protein Group Bookmarks



# Chef Solus' Protein Group Bookmarks

Cute nutrition oriented bookmarks for kids to use during reading time.

## Supplies:

- Construction paper
- Colored Crayons
- Scissors
- Glue or Paste
- Hole puncher
- Yarn

## Instructions:

- Print the sheet with the bookmarks.
- If black and white, decorate the bookmarks with your favorite colors.
- Cut out the bookmarks on the dotted lines
- Cut out a rectangular shape from construction paper is larger than the bookmark
- Paste the colored bookmark to the construction paper
- Punch a hole at the top of bookmark
- Thread a piece of yarn about 5-6 inches long through the hole and tie a knot



## Handout 2: Vegetable Subgroups

Here is a list of the five subgroups and the vegetables that belong to each subgroup. Use this list to complete the activity on the following page.

### **Dark Greens Vegetables**

Bok choy  
Broccoli  
Collard greens  
Dark green leafy lettuce  
Kale  
Mesclun  
Mustard greens  
Romaine lettuce  
Spinach  
Turnip greens  
Watercress

### **Red & Orange Vegetables**

Acorn squash  
Butternut squash  
Carrots  
Hubbard squash  
Pumpkin  
Red peppers  
Sweet potatoes  
Tomatoes  
Tomato juice

### **Beans and Peas**

Black beans  
Black-eyed peas (mature, dry)  
Garbanzo beans (chickpeas)  
Kidney beans  
Lentils  
Navy (Pea) beans  
Pink beans  
Pinto beans  
Soy beans, mature  
Split peas  
White beans (cannellini beans)

### **Starchy Vegetables**

Cassava  
Corn  
Fresh cowpeas, field peas, or black-eyed peas  
Green bananas  
Green peas  
Green Lima beans  
Plantains  
Potatoes  
Taro  
Water chestnuts

### **Other Vegetables**

Artichokes  
Asparagus  
Avocado  
Bean sprouts  
Beets  
Brussels spouts  
Cabbage (red or green)  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Green beans, Wax beans  
Green or red peppers  
Iceberg (head) lettuce  
Mushrooms  
Okra  
Onions  
Parsnips  
Squash, white, yellow, zucchini  
Turnips  
Wax beans

Source: U.S. Department of Agriculture (2011). ChooseMyPlate.gov Website. Washington, D.C. Good Groups-Vegetables. <http://www.choosemyplate.gov/foodgroups/vegetables.html>  
Last modified: June 8, 2011. Accessed July 15, 2011



No Time To Train-Short Lessons for School Nutrition Service Assistants  
MyPlate-Let's Talk Vegetables!

## Vegetable Subgroups Activity

Read the vegetable names in the column on the right and write the corresponding vegetable subgroup in the blank to the left.

**Dark Green Vegetables**

**Red/Orange Vegetables**

**Beans and Peas**

**Starchy Vegetables**

**Other Vegetables**

- \_\_\_\_\_ 1. Romaine lettuce
- \_\_\_\_\_ 2. Carrot slices
- \_\_\_\_\_ 3. Mesclun (assorted salad greens)
- \_\_\_\_\_ 4. White beans
- \_\_\_\_\_ 5. Green beans
- \_\_\_\_\_ 6. Yellow crookneck squash
- \_\_\_\_\_ 7. Iceberg (head) lettuce
- \_\_\_\_\_ 8. Broccoli
- \_\_\_\_\_ 9. Green peas
- \_\_\_\_\_ 10. Sweet potatoes
- \_\_\_\_\_ 11. Green lima beans
- \_\_\_\_\_ 12. Beans in tomato sauce with pork (pork & beans)
- \_\_\_\_\_ 13. Acorn squash
- \_\_\_\_\_ 14. Turnip greens
- \_\_\_\_\_ 15. Corn
- \_\_\_\_\_ 16. Brussels sprouts



## Vegetable Subgroups Activity (Answers)

Read the vegetable names in the column on the right and write the corresponding vegetable subgroup in the blank to the left.

**Dark Green Vegetables**

**Red/Orange Vegetables**

**Beans and Peas**

**Starchy Vegetables**

**Other Vegetables**

- |                              |  |
|------------------------------|--|
| <u>Dark Green Vegetables</u> | 1. Romaine lettuce                                 |
| <u>Red/Orange Vegetables</u> | 2. Carrot slices                                   |
| <u>Dark Green Vegetables</u> | 3. Mesclun (assorted salad greens)                 |
| <u>Beans and Peas</u>        | 4. White beans                                     |
| <u>Other Vegetables</u>      | 5. Green beans                                     |
| <u>Other Vegetables</u>      | 6. Yellow crookneck squash                         |
| <u>Other Vegetables</u>      | 7. Iceberg (head) lettuce                          |
| <u>Dark Green Vegetables</u> | 8. Broccoli  |
| <u>Starchy Vegetables</u>    | 9. Green peas                                      |
| <u>Red/Orange Vegetables</u> | 10. Sweet potatoes                                 |
| <u>Starchy Vegetables</u>    | 11. Green lima beans                               |
| <u>Beans and Peas</u>        | 12. Beans in tomato sauce with pork (pork & beans) |
| <u>Red/Orange Vegetables</u> | 13. Acorn squash                                   |
| <u>Dark Green Vegetables</u> | 14. Turnip greens                                  |
| <u>Starchy Vegetables</u>    | 15. Corn   |
| <u>Other Vegetables</u>      | 16. Brussels sprouts                               |

# Where's the Dairy?

There are 22 dairy foods hidden in this picture. Can you find them all?

**"Moos" You Can Use**  
 Eating 3 Every Day of Dairy is as easy as breakfast, lunch and dinner. Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

Be a "dairy detective"  
 Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.  
 Answer: Build stronger bones and better bodies.



**Milk It!**  
 Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!

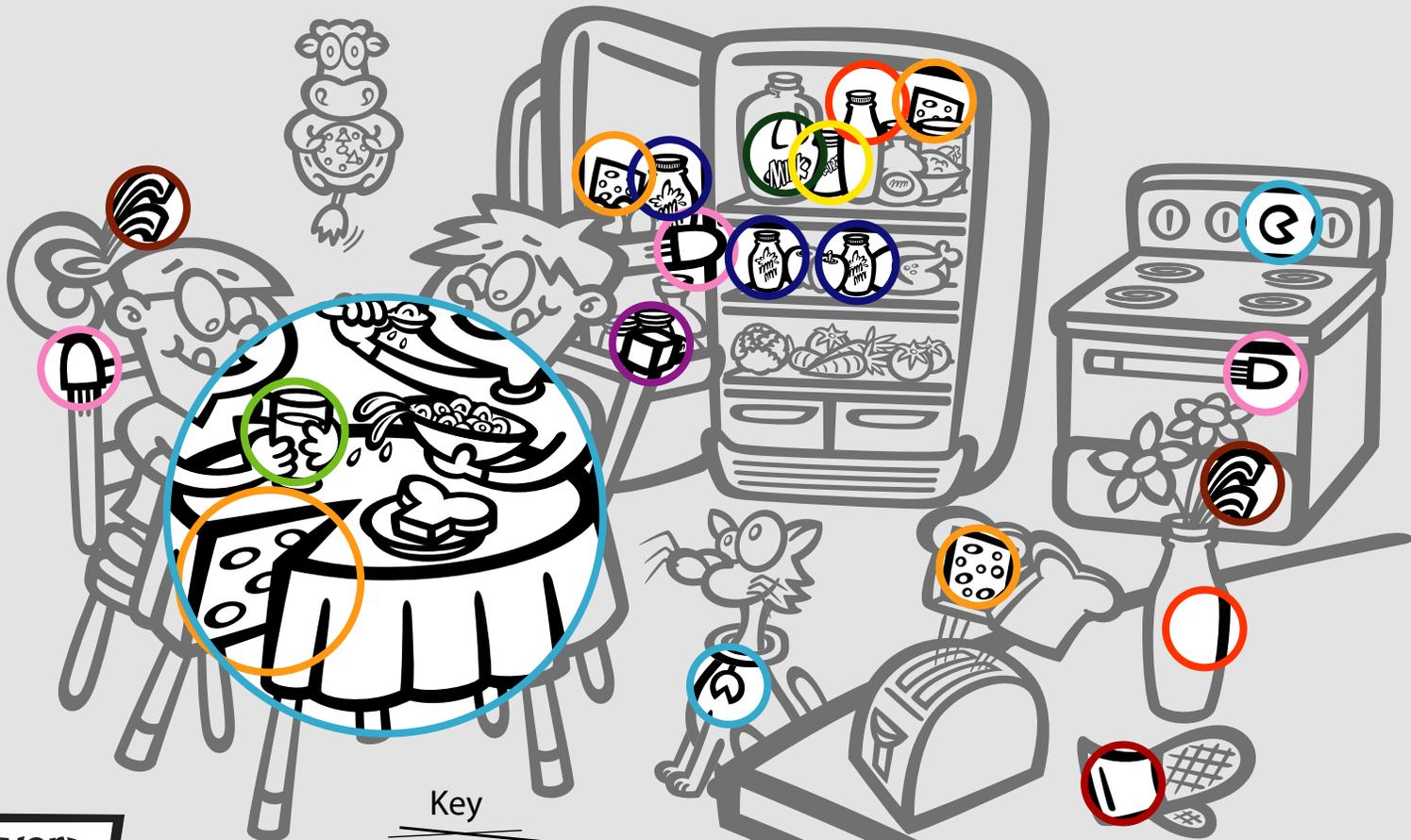
**DID YOU KNOW?**  
 Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?

## Key

-   
 Swiss Cheese Slice
-   
 Cheese Wheel
-   
 Frozen Yogurt Pop
-   
 Cheese Cube
-   
 Glass of Milk
-   
 American Cheese Slice
-   
 Yogurt cups
-   
 Milk Gallon
-   
 String Cheese
-   
 Milk Bottle



Where's the Dairy? Answer Key



Key



- |   |   |  |   |
|---|---|--|---|
| <br>Swiss Cheese Slice | <br>Frozen Yogurt Pops | <br>Cheese Wheels  | <br>Cheese Cube          |
| <br>Yogurt cups        | <br>Glass of Milk      | <br>Milk Gallon     | <br>American Cheese Slice |
|   |   | <br>String Cheese | <br>Milk Bottle          |

# WORD SCRAMBLE-WHOLE GRAINS

## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

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Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat whole wheat bread, oatmeal, whole grain barley



# **Your Favorite Proteins!**

Name \_\_\_\_\_

## **Which is your favorite type of meat?**

- A. Beef
- B. Pork
- C. Wild Game
- D. Lamb
- E. None Please

## **Which is your favorite type of poultry?**

- A. Chicken
- B. Duck
- C. Turkey
- D. Goose
- E. None Please

## **Which is your favorite type of fish?**

- A. Tuna
- B. Trout
- C. Shrimp
- D. Shellfish
- E. None Please

## **Which is your favorite way to eat eggs?**

- A. Poached
- B. Scrambled
- C. Fried
- D. Basted
- E. None Please

## **Which are your favorite types of beans?**

- A. Soybeans
- B. Pinto Beans
- C. Refried Beans
- D. Lentils
- E. None Please

## **Which are your favorite types of nuts?**

- A. Almonds
- B. Peanuts
- C. Sunflower Seeds
- D. Pecans
- E. None Please

