



Foods of the Month
USDA MyPlate and Other Fun,
Healthy Activities!

May

All Ages



www.nrpa.org/CommitToHealth

[#CommitToHealth](https://twitter.com/CommitToHealth)



Foods of the Month Fun, Experiential Activities

Ask Me What I Ate Today Bracelet!

Do this fun activity with your children to encourage them to talk with peers, teachers, and their parents about the fruits and vegetables they try each day!

This activity also will help children remember the names of fruits and/or vegetables that they try that may be new to them. When introducing the foods children taste as part of a USDA meal, tasting event, or snack, talk with them about where the food comes from, provide some brief history of the food, and talk about what it does to keep our bodies healthy and fueled.

Materials:

- Copies of the “Ask me what I ate today” bracelets, cut into individual bracelets (image found on next page).
- Stapler, stickers, or glue sticks

Directions:

- Give each child a bracelet when nutritious foods are served.
- Ask them to write down the name of the item somewhere on the bracelet.
- Attach the bracelets with staples, stickers, or glue.
- Throughout the day, teachers, staff, and/or parents should ask children about what they tried/ate.
- Have children save the bracelets for their favorite items over time. Then, compare the bracelets to see which items were most popular!

Ask me what I ate today!



Ask me what I ate today!



Ask me what I ate today!



Ask me what I ate today!



Ask me what I ate today!



Ask me what I ate today!



Ask me what I ate today!





United States Department of Agriculture

Protein Foods

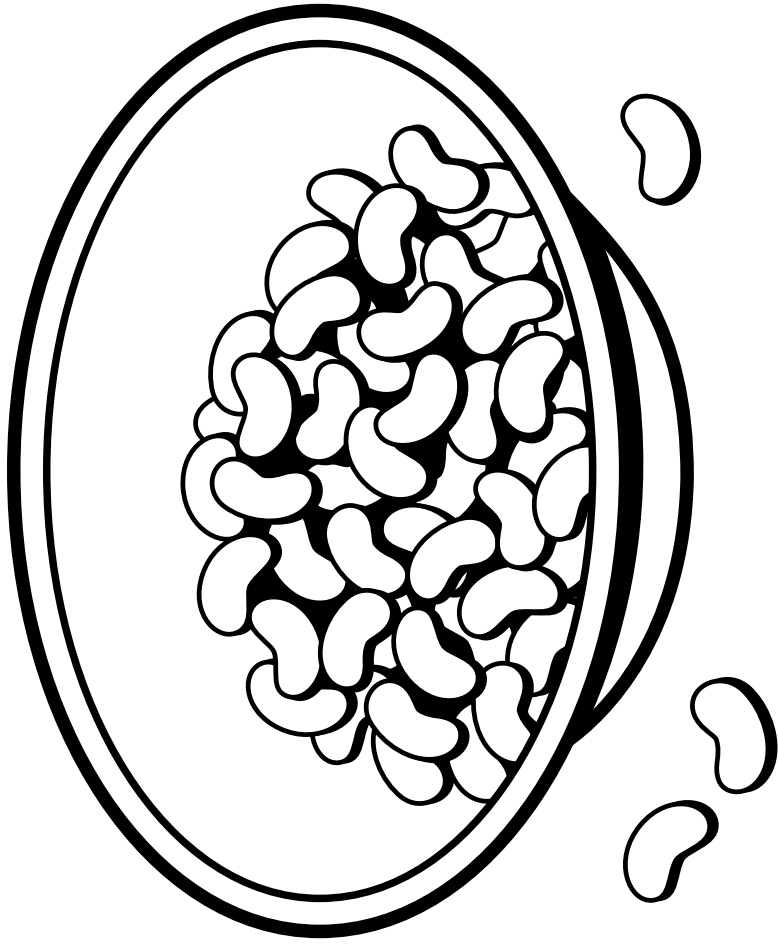
Dean
Protein



Sight words: I, see



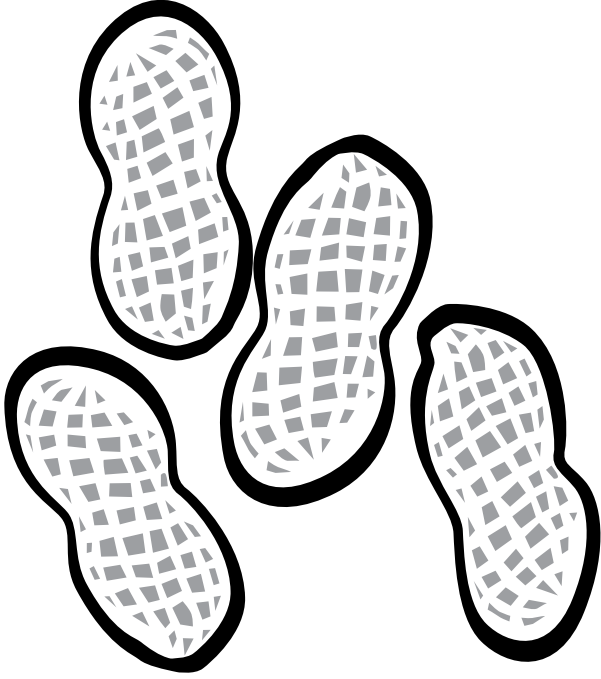
This book belongs to:



I see beans.



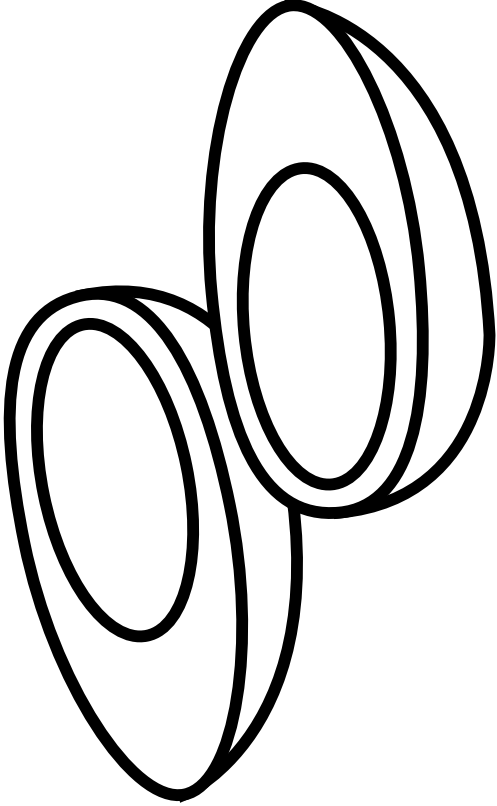
I see chicken.



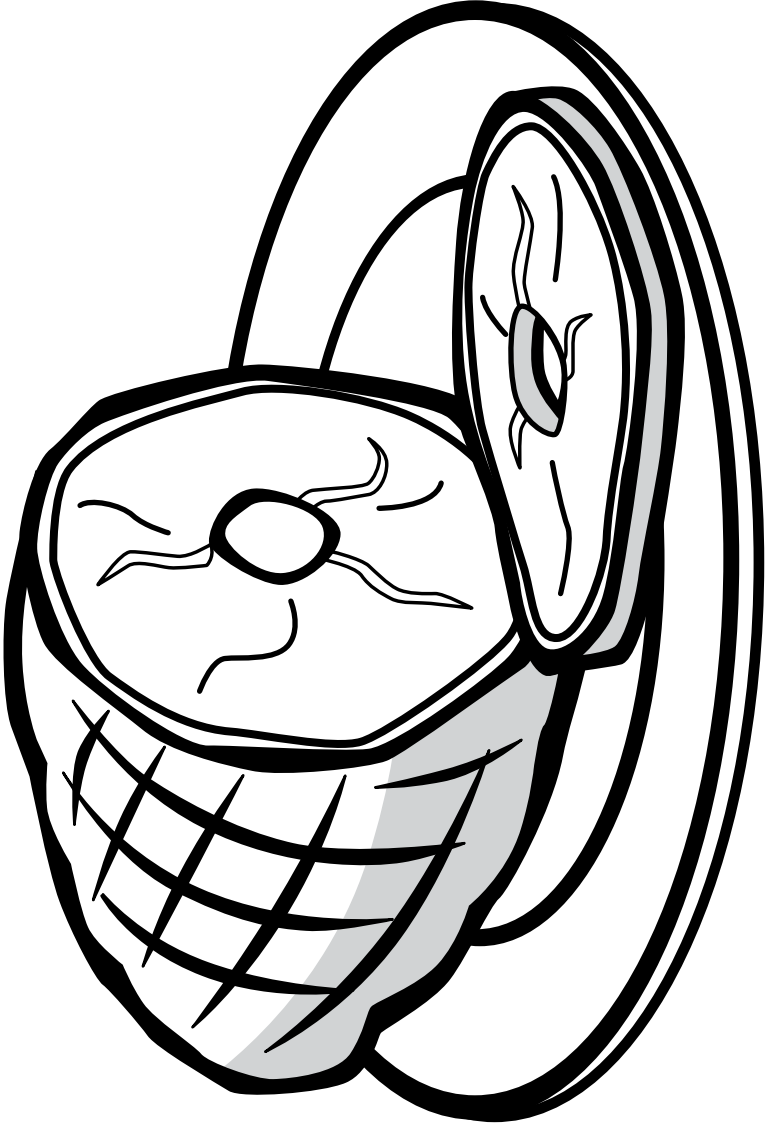
I see nuts.



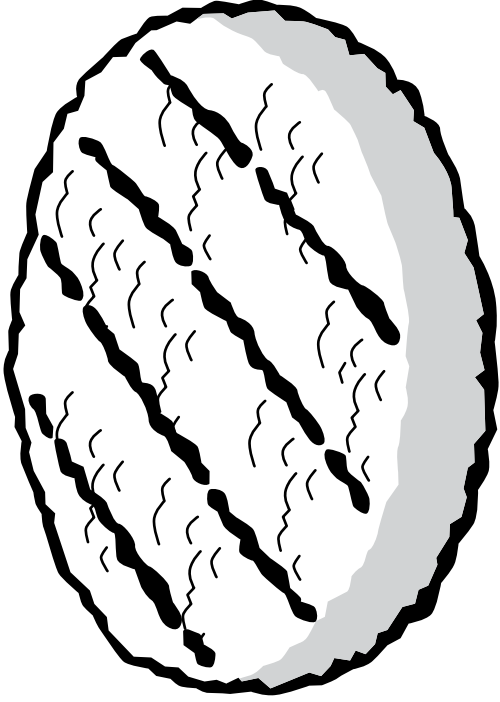
I see fish.



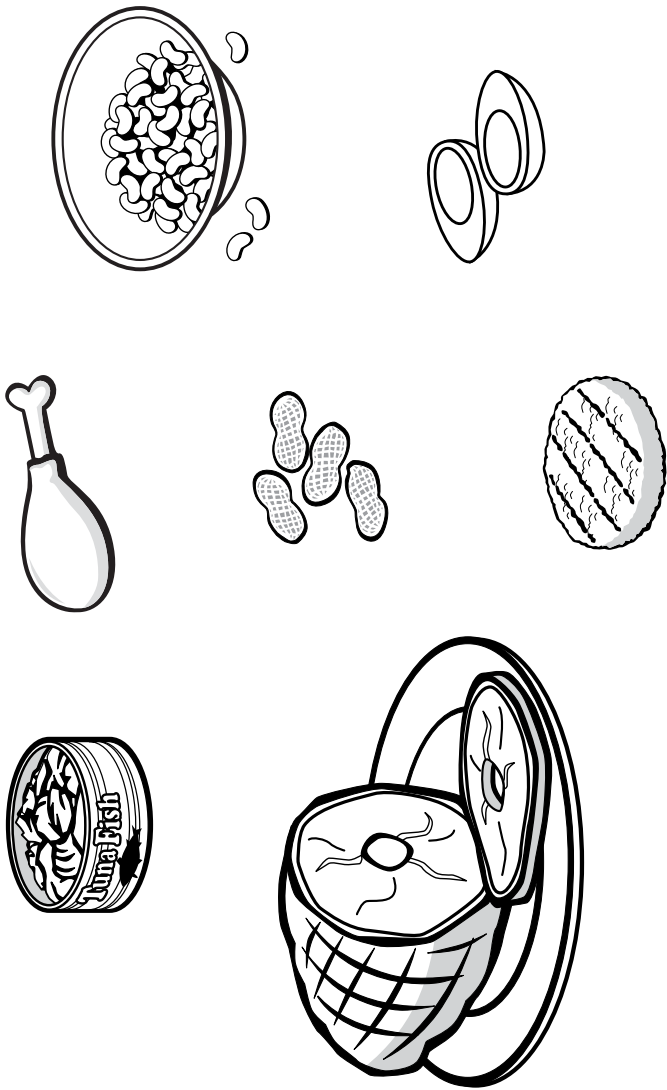
I see eggs.



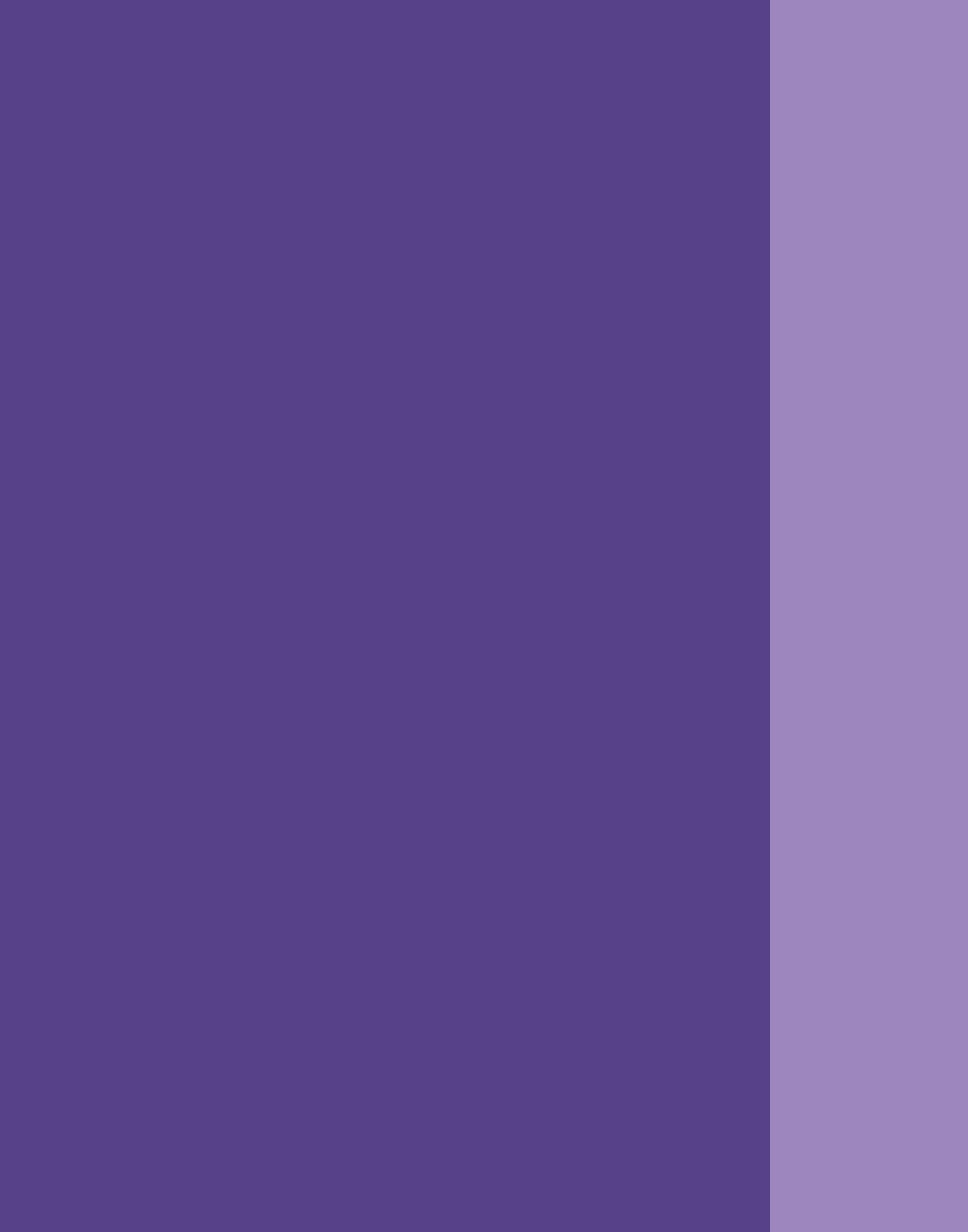
I see ham.



I see meat.



I see protein foods!

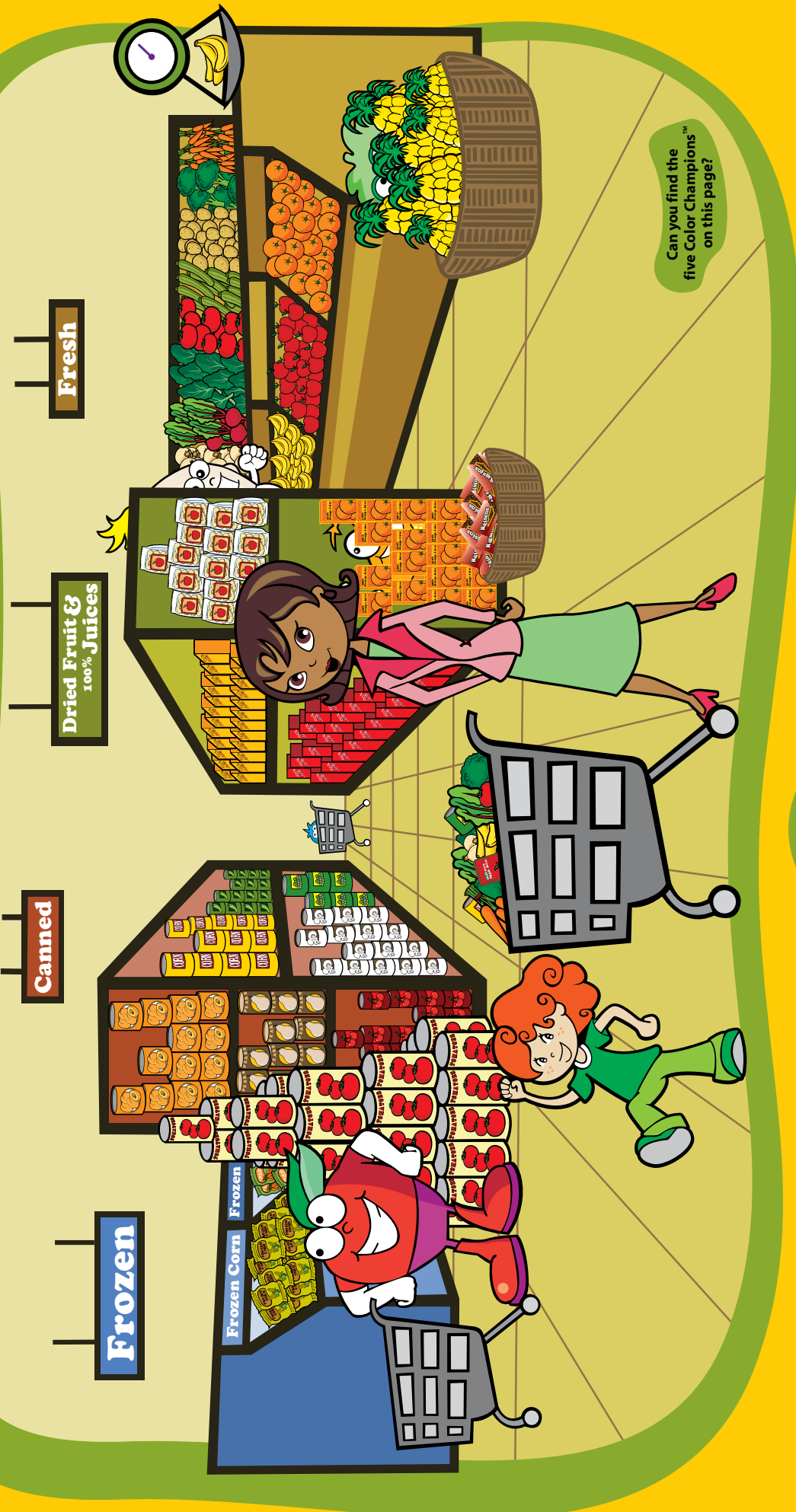




Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at: <http://teamnutrition.usda.gov>.



Supermarket Scavenger Hunt



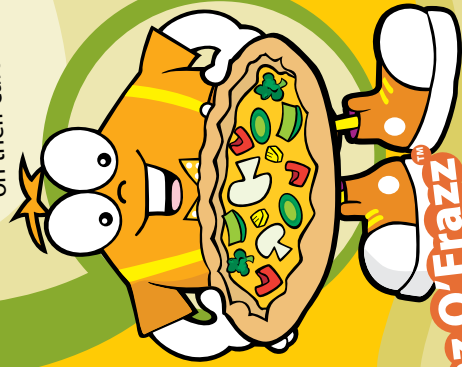
The Fruit & Veggie Color Champions™ Supermarket Scavenger Hunt is the perfect way to make shopping for fruits and veggies fun for the whole family. Not only does the Scavenger Hunt familiarize children with the different product forms fruits and veggies come in, but also familiarizes them with the supermarkets you shop in and how each store is organized by product type. Taking their Scavenger Hunt “cards” with them when you go shopping engages your children and keeps them entertained and occupied while shopping. Also, by creating your own Scavenger Hunt cards, you can get them involved in helping you shop for the items you want to buy for that week’s meals.



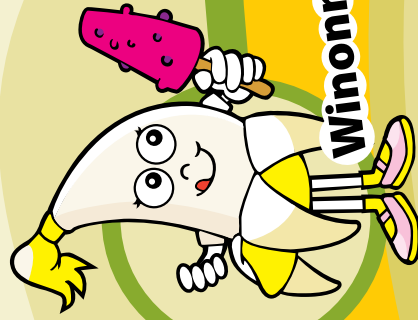
Fruit & Veggie Color Champions™ Supermarket Scavenger Hunt

Instructions

- 1. Print out each Scavenger Hunt page.** (Suggestion: Purchase a slightly thicker paper from an office/stationery supply store to give the cards a bit more strength. Make sure the paper works with your printer.)
- 2. Cut out the Scavenger Hunt cards along the guides indicated.**
- 3. Scavenger Hunt Play:** Each card has five items pictured on it. The items pictured include fruits and veggies in different forms: fresh, frozen, canned, dried and 100% juice. Have each child pick a card when you go shopping. Tell them their Fruit & Veggie Color Champions™ Scavenger Hunt challenge is to “spy” each of the items on their card as you make your way through the store (up and down the aisles). Your child “wins” the Scavenger Hunt by spying all five items, in the right form (fresh, frozen, canned, dried and 100% juice), on their card.



Yaz O'Frazz™



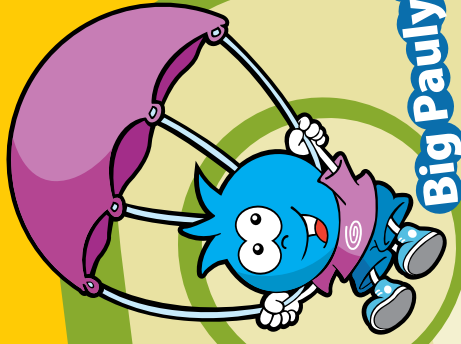
Winonna™



Raoul™



Greta™



Big Pauly™

4. Make your own Scavenger Hunt cards: One of the sheets has blank spaces on the cards. Print out this sheet and either draw or print in five items you will be shopping for that day. Perhaps these could be items from the challenge that your child has indicated they want to eat that week. Give the card to your child and they will help you shop by “spying” all the items on the card as you make your way through the store.

NOTE:

The first time that your children use these cards they may need a little help “spying” the different products. As they get used to where these items are commonly located, however, they will soon be leading you around the store to find them! The Scavenger Hunt is a simple way of making the trip to the supermarket a little more exciting, but it is also an opportunity to have your children observe and learn about fruits and veggies and how to shop for them. Use the Scavenger Hunt Questions page to further engage your children in learning about shopping for fruits and veggies.



fruits & veggies
more matters™
fruitsandveggiesmorematters.org

Supermarket Scavenger Hunt

Questions

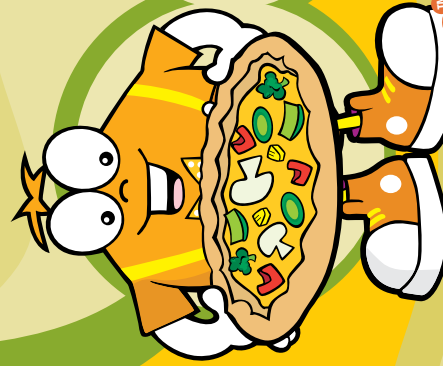
Beginner

Take your Mom to the fresh produce aisle and help her find the items on her shopping list.

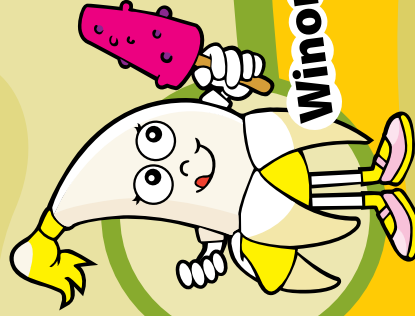
How many kinds of dried fruit can you find in your store?

How many different colors of fruits and veggies did you get today?

Ask your Mom how she chooses fresh produce.



Yaz O'Frazz™



Winonna™



Raoul™

Intermediate

How many different frozen veggies are in the freezer section?

Find the fruits and veggies that are on sale today.

How many purple fruits or veggies can you find in your store?

Which canned fruits or veggies are also found in the fresh produce section today?

How many different places are juices kept in your store?

How many different colors of dried fruit can you find in your store?



Greta™

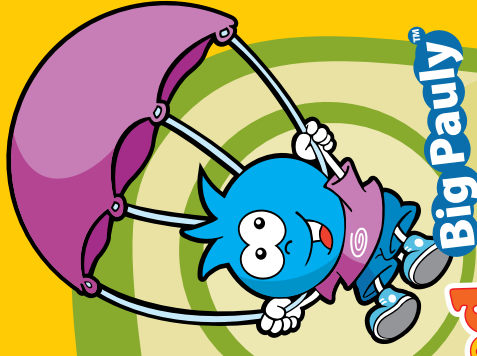
Advanced

How many different kinds of frozen corn are in the store freezer section?

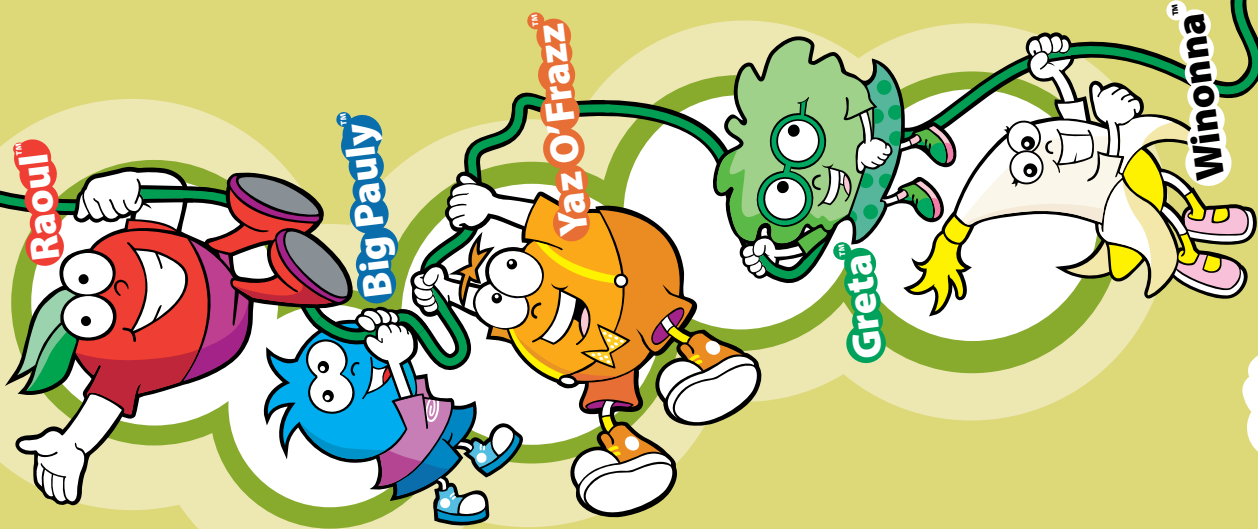
Which container of 100% orange juice is the cheapest?

Guess how many apples will make 1 pound. Weigh your bag of apples to check your estimate.

Can you find a fruit or veggie in the canned food section that you have never tried?



Big Pauly™

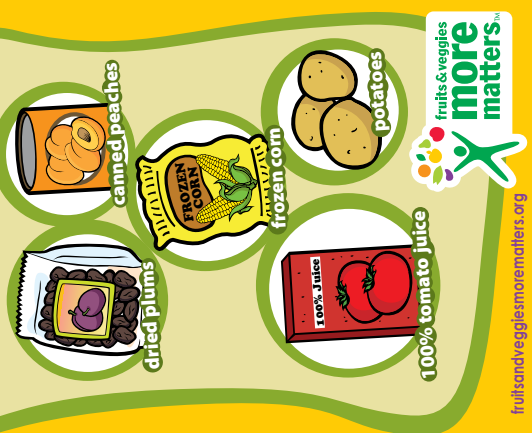


Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt



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Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt



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Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt



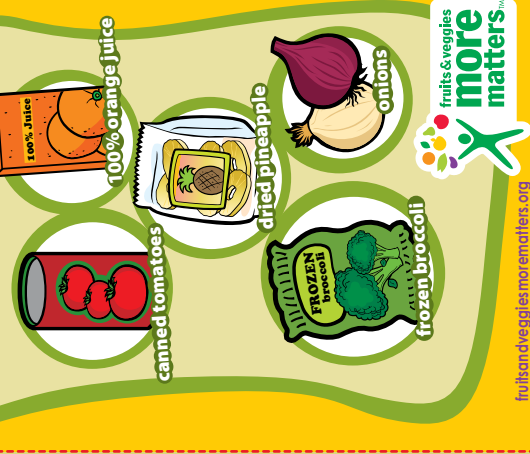
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Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt



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Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt

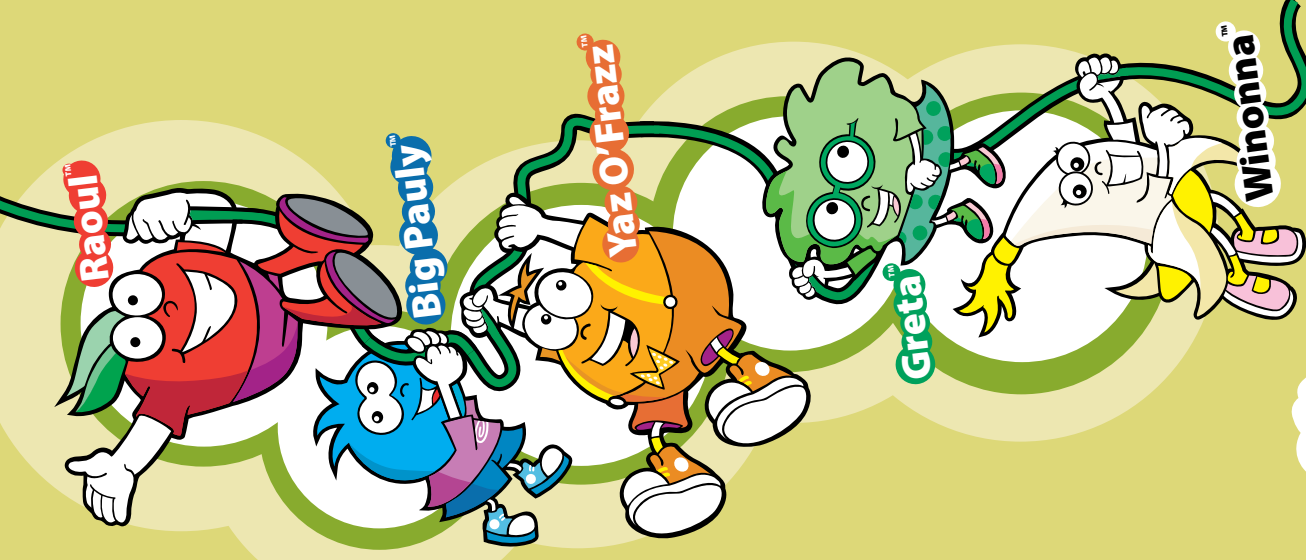


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Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt

fruitsandveggiesmorematters.org

Name: _____ Date: _____

There are many ways to eat fruits and vegetables, including raw, canned, frozen, dried, and juiced. Study the **Nutrition Facts labels**, and compare each to find the option with the most fiber. Answer the questions to the right, in your **Garden Journals**.

- 1) Which food contains the most fiber?
- 2) Which has more fiber: a whole orange or orange juice?
- 3) Which has more fiber: apple slices or apple juice?
- 4) What can you conclude about the amount of fiber in juice versus whole or cut-up fruit?

100% Apple Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
Calories 55	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Proteins 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Apple Slices

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Proteins 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



100% Orange Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Proteins 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Whole Orange

Nutrition Facts	
Serving Size 1 small orange (2-3/8" diameter)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Proteins 1g	
Vitamin A 4%	Vitamin C 90%
Calcium 4%	Iron 0%

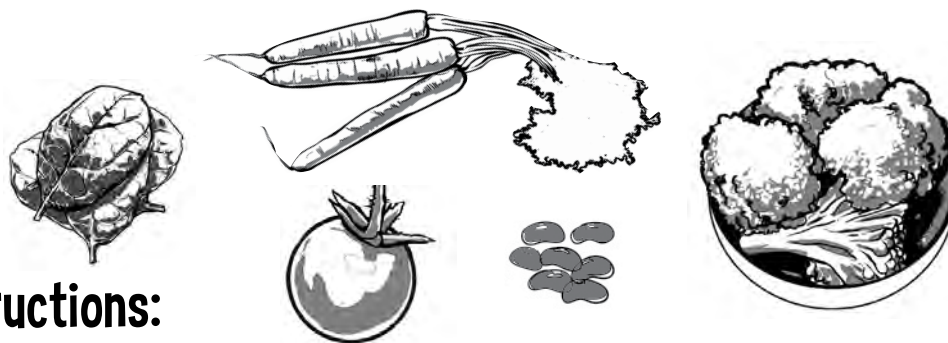
* Percent Daily Values are based on a 2,000 calorie diet.



LESSON 4 HANDOUT 2 Fuel Up With Veggies...Zoom to the Finish! (Page 1 of 2)

Know how you can really get your engine going? Make half your plate fruits and veggies. They'll help you be your best at school and at play.

Are you fueling up with enough dark-green, red, and orange veggies, and beans and peas during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!



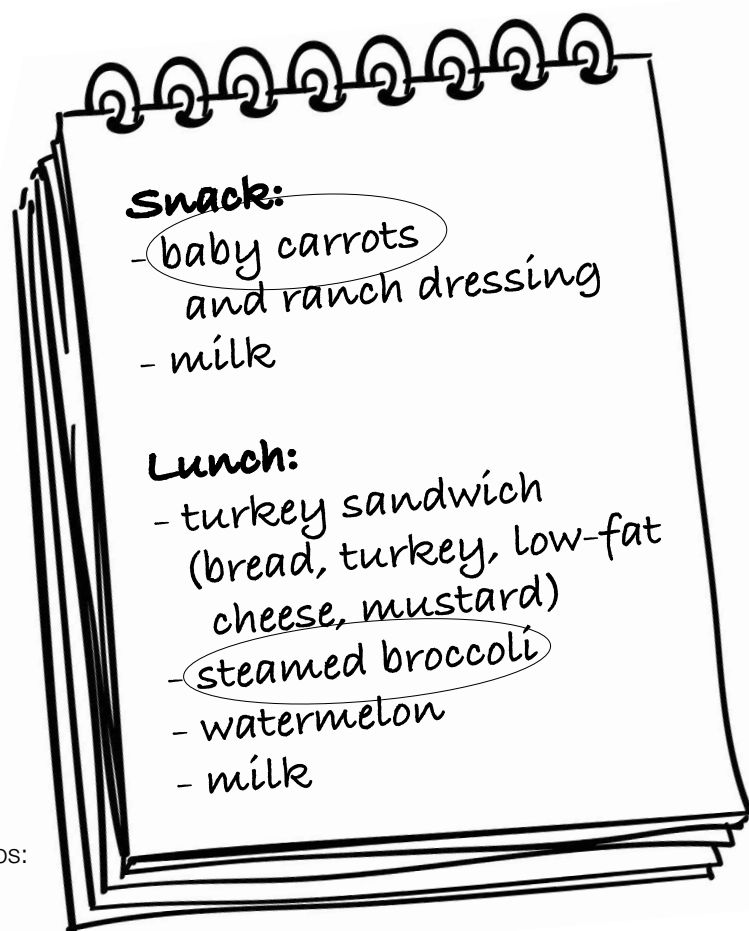
Challenge Instructions:

1) TRACK: For 3 days, write down everything you eat and drink (at meals, snacks, or in between) in your **Garden Journals**. Circle all the veggies. (See example on right.)

2) EVALUATE: Make a list of each new vegetable you tried. Then, sort the vegetables you ate into the five vegetable subgroups: **Dark-Green, Red and Orange, Beans and Peas, Starchy,** and **Other.**

3) ZOOM AROUND THE TRACK:

- Use the track on the next page. For each vegetable portion you eat, move one space on the track. You cannot count the same vegetable twice. (For example, If you eat broccoli on Day 1 for lunch and dinner, you can only count it once. But if you eat it also on Day 2, you can move another space.)
- Write down the name of the vegetable in each space you move through.
- Give yourself a **Turbo Boost!** For each **NEW** vegetable you eat, you earn one extra space! Write it into the empty space.
- You may not cross the finish line until you have eaten at least one veggie from EACH of the following subgroups: **Dark-Green, Red and Orange, Beans and Peas.** Circle them clearly on the track.

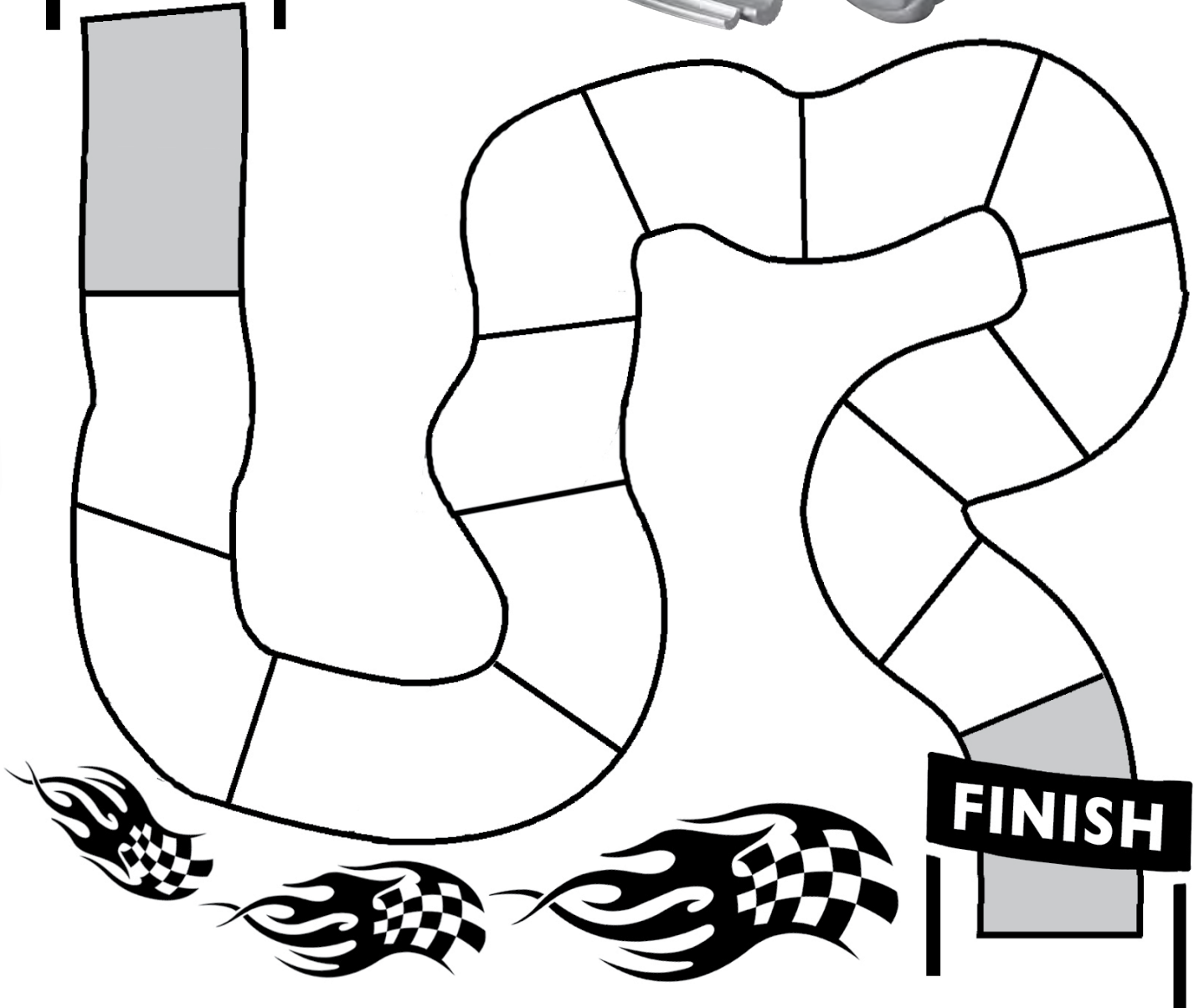
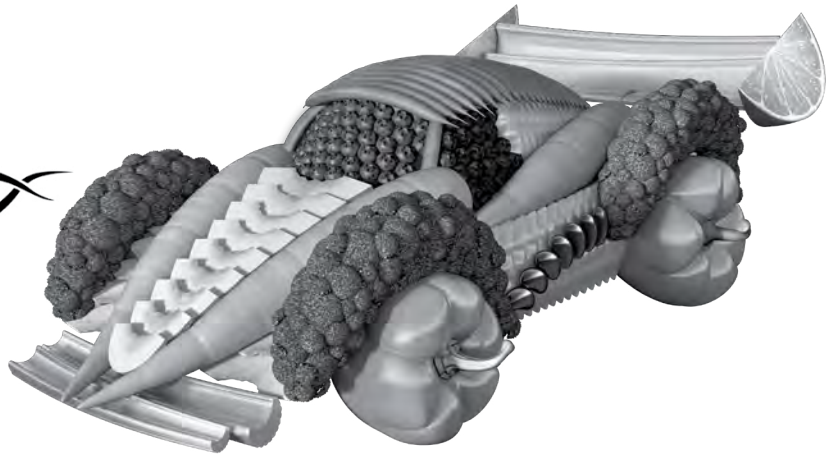


Tip! The more variety you eat, the faster you'll move around the track!

Name: _____ Date: _____

Veggie Challenge Race

START





LIST YOUR MENU ITEMS USING THE TIPS BELOW:

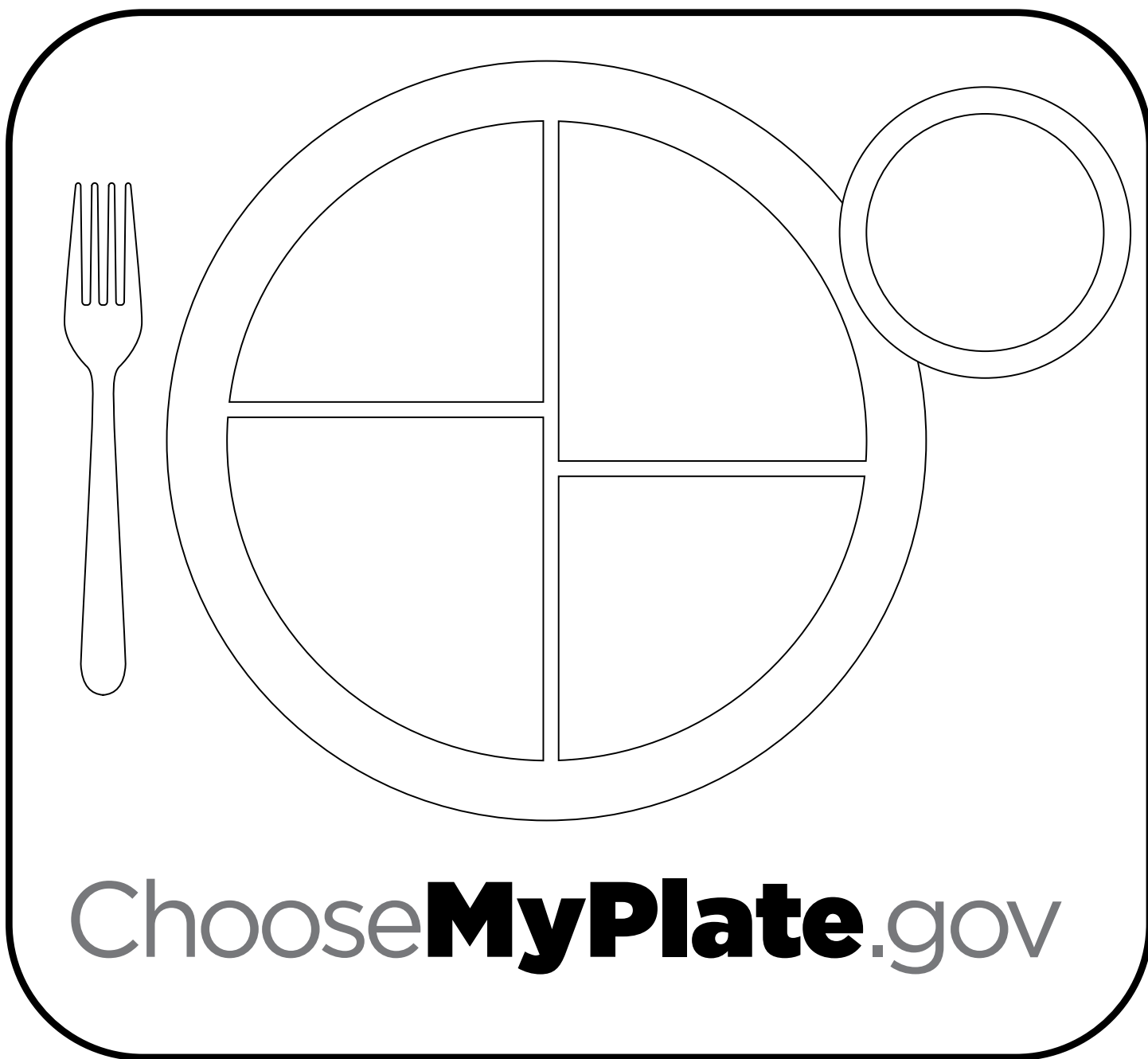
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

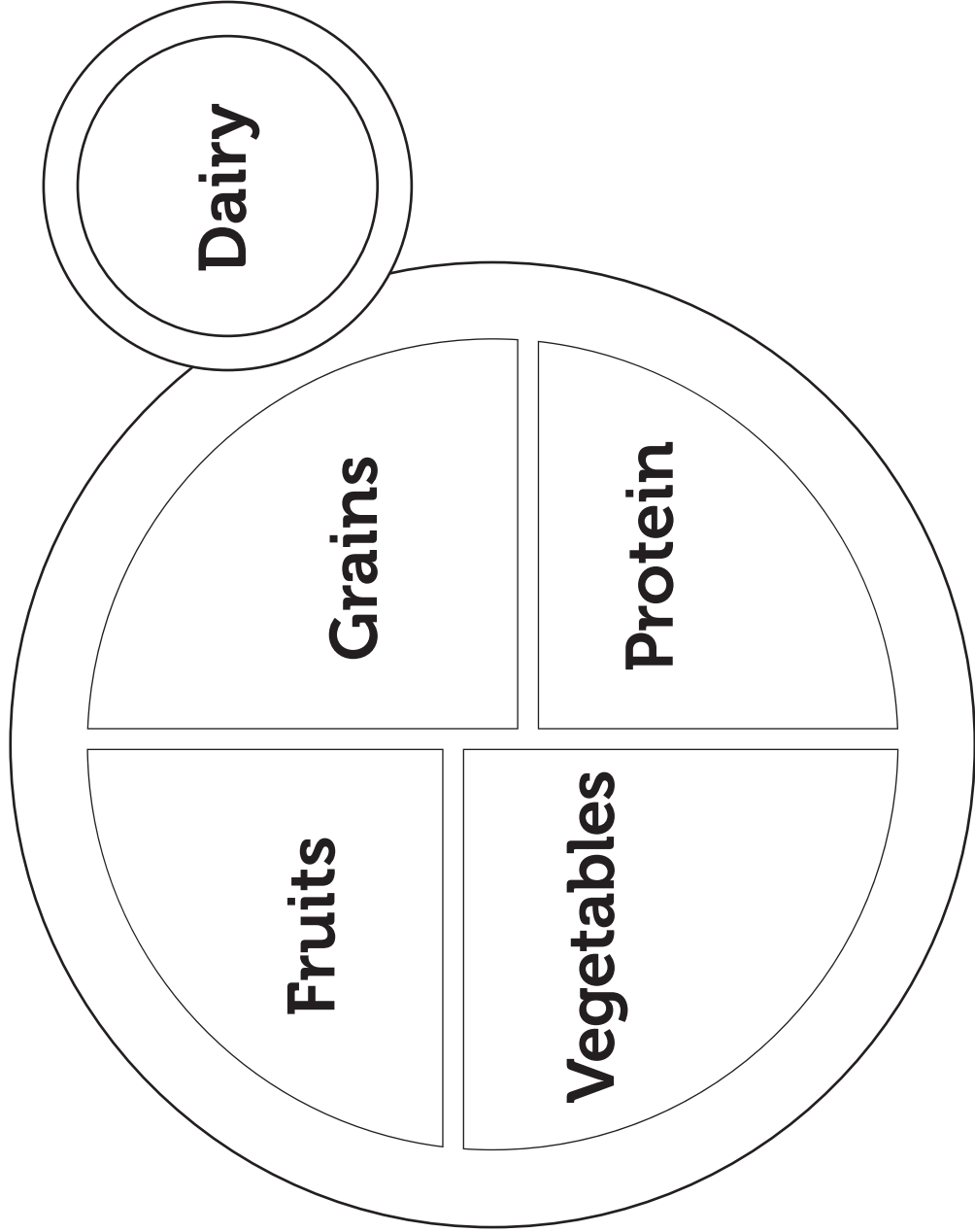
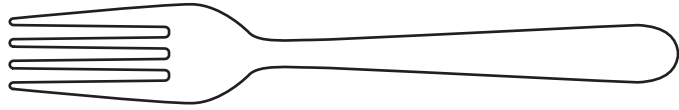
 **TIPS FOR YOUR MENU:**

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU! 

DRAW YOUR MENU!





ChooseMyPlate.gov

Have Fun With Fruits and Vegetables

Find:

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



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

B F S E A Y A P 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.)

Name a vegetable you would like to try:

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

Name: _____ Date: _____

What is a nutrient?

Nutrients are the substances in food that help us grow, play hard, and stay healthy. Eating a variety of vegetables not only keeps meals interesting, but also helps the body get the nutrients it needs to be healthy. That's because different veggies have different amounts of vitamins, minerals, fiber, and protein. Eating from all five of the **MyPlate** vegetable subgroups each week helps us get the variety we need: **Dark Green Vegetables, Red and Orange Vegetables, Beans and Peas, Starchy Vegetables,** and **Other Vegetables.**

Cut out, fold, then tape or glue edges of flashcards together. Use them to test your knowledge about nutrients in fruits and veggies. Then quiz your friends and family!

<p>Clues</p> <ul style="list-style-type: none"> • Helps my body form red blood cells • Found in dark-green veggies (especially spinach), asparagus, Brussels sprouts, beans and peas, and oranges 	<p>(Vitamin) FOLATE (Also known as "Folic Acid")</p>
<p>Clues</p> <ul style="list-style-type: none"> • Helps my body heal cuts and scratches • Keeps my teeth and gums healthy • Found in fruits and veggies like oranges, grapefruits, kiwi, tomatoes, strawberries, bell peppers, potatoes, and broccoli 	<p>(Vitamin) Vitamin C</p>
<p>Clues</p> <ul style="list-style-type: none"> • Helps protect my eyes and skin • Found in dark-green veggies (like spinach and kale), red and orange fruits and vegetables (like carrots, cantaloupe, sweet potato, and tomatoes) 	<p>(Vitamin) Vitamin A</p>

FOLD



Name: _____ Date: _____

<p>Clues</p> <ul style="list-style-type: none"> • Keeps my muscles and nervous system working right • Helps my body keep a normal heartbeat and blood pressure normal • Found in fruits and veggies like bananas, dried apricots, cantaloupe, orange juice, sweet potatoes, white potatoes, white beans, kidney beans, tomato sauce, and spinach 	<p>Clues</p> <ul style="list-style-type: none"> • My body uses it to carry oxygen from my lungs to the rest of my body • Vitamin C helps my body absorb (take in) more of it • Found in dried fruits (like raisins), beans and peas, and dark-green leafy vegetables (like spinach) 	<p>Clues</p> <ul style="list-style-type: none"> • Gives me energy to run, jump, dance, and even blink my eyes • Found in all fruits and veggies
<p>Potassium (Mineral)</p>	<p>Iron (Mineral)</p>	<p>Carbohydrate</p>

FOLD

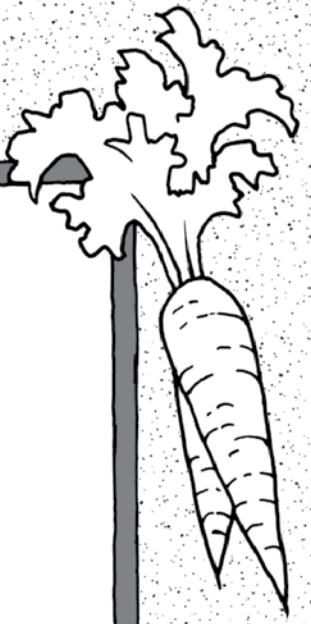
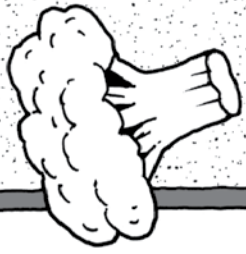
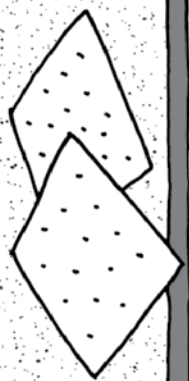
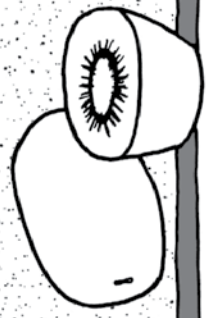
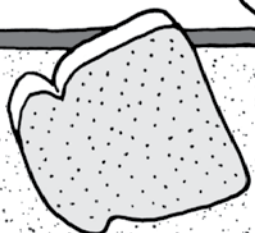
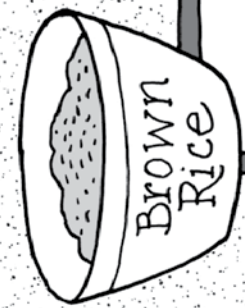


Name: _____ Date: _____

<p>Clues</p> <ul style="list-style-type: none"> • Provides energy and helps my body absorb (take in) certain vitamins • Liquid forms, like oils from avocados and olives, are heart healthy and provide some vitamins. • Solid forms (at room temperature), like butter and stick margarine, may be added when foods are prepared. Eating too much solid fat is not good for my heart. 	<p>Fats</p>
<p>Clues</p> <ul style="list-style-type: none"> • My body uses this to build healthy muscle, skin, bone, and tissue • Also used for energy • Found in beans and peas 	<p>Protein</p>
<p>Clues</p> <ul style="list-style-type: none"> • A type of carbohydrate that my body cannot digest, but has many overall health benefits • May lower my risk of heart disease and diabetes • Keeps food moving through digestive tract, and helps me feel full after eating • Found in most fruits and vegetables. Juicing and peeling lowers the amount of it in fruits and veggies. 	<p>Fiber</p>

FOLD





The Two Bite Club

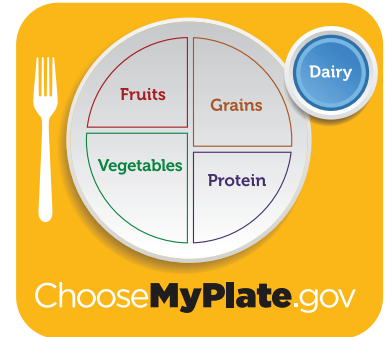
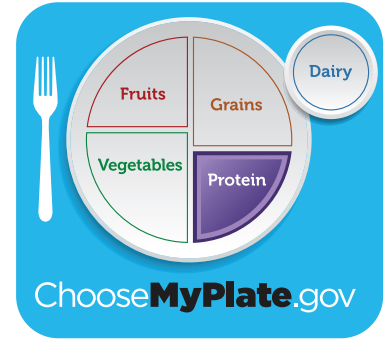
Congratulations!

_____ has tried two bites of a new food
and is a member of the Two Bite Club

Vary Your Protein Food Choices/Switch to Fat-Free or Low-Fat Milk

Directions:

- » Begin by telling students that protein is necessary for building strong muscles and body tissues and that it helps sustain energy so that we do not tire as quickly. There are many sources of protein—meat and non-meat. It is important to eat from a variety of protein sources. Protein portions should be small and lean (not fatty).
- » Explain to students that dairy products contain calcium—a nutrient that helps build strong bones. Using fat-free (skim) or 1% milk still gives a person the same amount of calcium as 2% or whole milk but with less fat and fewer calories.
- » Draw a T-chart on the board or a large piece of paper. Label one side protein and the other dairy. Have students list as many foods as they can think of that would fit in each of those categories. Then have volunteers circle the healthiest choices (i.e. grilled or broiled meats, low fat or fat-free dairy products).



ACTIVITY: One of These Foods Doesn't Belong

You will need:

- ✓ A copy of *One of These Foods Doesn't Belong* sheet for each student

Directions:

- » Instruct students to put an X through the food in each row that would not be a healthy source of protein



One of These Foods Doesn't Belong

We have many choices when it comes to including protein and dairy in our diets. Each row below lists some choices of either protein or dairy sources. Draw an X through the food that doesn't belong in each row, and circle protein or dairy to indicate which food group is best represented in that row.

 milk	 rice	 string cheese	 yogurt	These foods are examples of: Protein Dairy	
 grapes	 fish	 black beans	 lean deli ham	These foods are examples of: Protein Dairy	
 egg	 tofu	 corn	 sunflower seeds	These foods are examples of: Protein Dairy	
 low-fat frozen yogurt	 cheddar cheese	 low-fat cottage cheese	 hummus	These foods are examples of: Protein Dairy	

Write or draw your answers to the following questions:

What is your favorite healthy source of protein? 	What is your favorite healthy source of dairy?
--	--

One of These Foods Doesn't Belong KEY

We have many choices when it comes to including protein and dairy in our diets. Each row below lists some choices of either protein or dairy sources. Draw an X through the food that doesn't belong in each row, and circle protein or dairy to indicate which food group is best represented in that row.

 milk	 rice	 string cheese	 yogurt	These foods are examples of: Protein Dairy
 grapes	 fish	 black beans	 lean deli ham	These foods are examples of: Protein Dairy
 egg	 tofu	 corn	 sunflower seeds	These foods are examples of: Protein Dairy
 low-fat frozen yogurt	 cheddar cheese	 low-fat cottage cheese	 hummus	These foods are examples of: Protein Dairy

Write or draw your answers to the following questions:

<p>What is your favorite healthy source of protein?</p>	<p>What is your favorite healthy source of dairy?</p>
---	---



MyPlate Word Blanks

"Cook-Off Craze"

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

WORD LIST

- | | |
|----------------------------------|-----------------------------------|
| 1. Noun: _____ | 10. Orange/red vegetable: _____ |
| 2. Your name: _____ | 11. Grain food: _____ |
| 3. Friend's name: _____ | 12. Lean protein food: _____ |
| 4. Verb (ending in "ing"): _____ | 13. Dairy food: _____ |
| 5. Verb (ending in "ing"): _____ | 14. Noun (plural): _____ |
| 6. Green vegetable: _____ | 15. Adjective: _____ |
| 7. Noun (plural): _____ | 16. Fruit: _____ |
| 8. Noun (plural): _____ | 17. Verb (ending in "ing"): _____ |
| 9. Color: _____ | 18. Verb (past tense): _____ |

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"Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) _____ County School End-of-Year Cook-Off! (2) _____ and (3) _____ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) _____!

Once they got the pot of water (5) _____, they began adding the ingredients. While (2) _____ chopped up the (6) _____, (3) _____ washed the (7) _____. (8) _____ and (9) _____ cabbage were next. After this, they threw in some grated (10) _____, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) _____, and for protein power, chopped (12) _____. For a finishing touch, they sprinkled some low-fat (13) _____ on top. *Voilà!* Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) _____ to announce the winners. After Runner-Up went to a (15) _____ (16) _____ frozen yogurt, (2) _____ and (3) _____ were (17) _____ their breath. "And first place, with the highest score, goes to (2) _____ and (3) _____'s Summer Garden Soup!!!" They were so happy that they (18) _____ all day long!



Word Blank #1