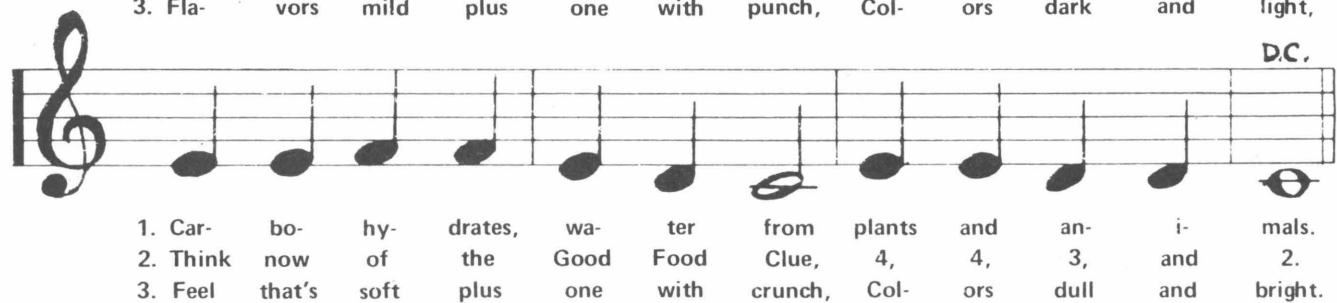
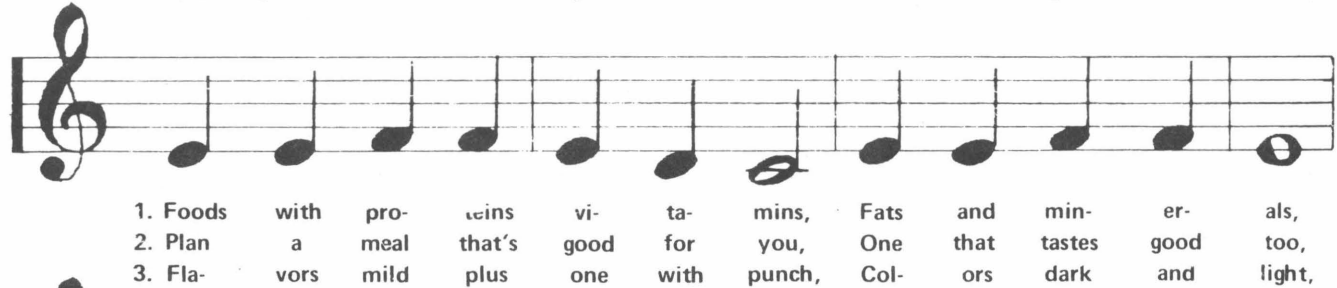
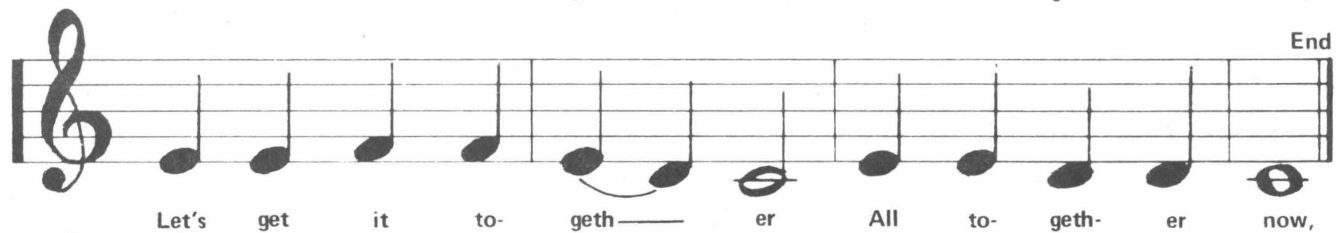
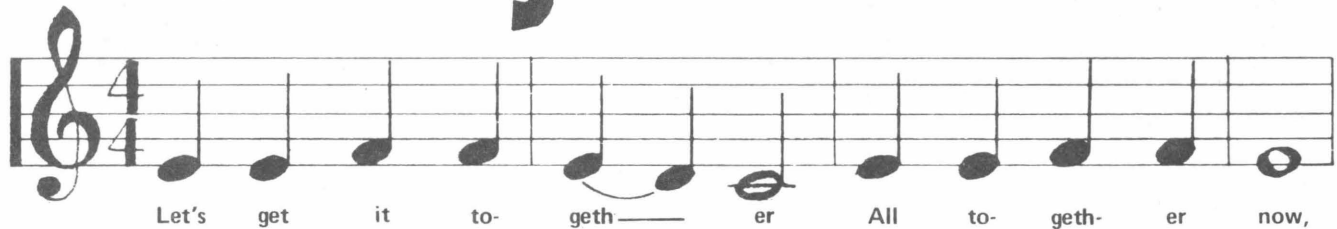


Fun Sheet No. 10

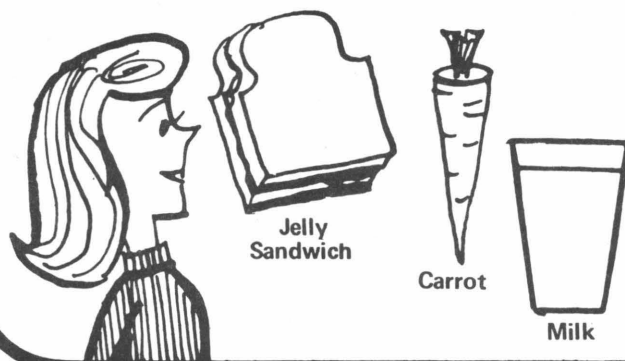
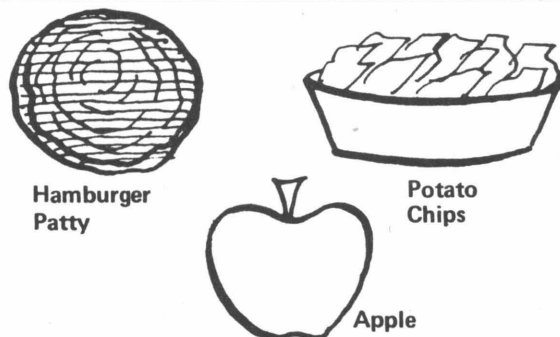
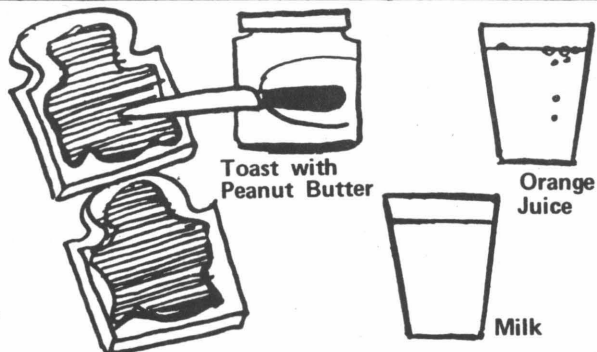


Repeat first two lines after each verse.

LD
5655
A1762
no. 348-040
1983
VPI
Spec

WHAT CAN YOU DO WITH THE GOOD FOOD CLUE? 4-4-3-2

You can use the Good Food Clue to help you decide what to eat. Pretend you ate these foods today.



Write the numbers in the blanks below...

	Good Food Clue		How many servings did you have from each group?		How many more servings should you have today?
Fruit and Vegetable Group	_____	—	_____	==	_____
Bread and Cereal Group	_____	—	_____	==	_____
Milk Group	_____	—	_____	==	_____
Meat Group	_____	—	_____	==	_____

What else would you eat for a snack? _____

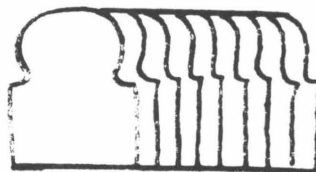
HIDE AND SEEK THE NUTRIENTS



milk



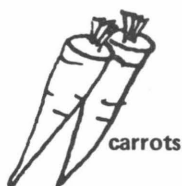
liver



enriched bread



tomato



carrots



cheese




peanut butter



oatmeal



orange

Draw triangles  around two foods where vitamin C is hiding.

Draw circles  around two vitamin A foods.

Draw squares  around four foods hiding the most iron.

Draw stars  on the two foods hiding the most calcium.

ROUND UP THE NUTRIENTS

Draw a rope around each nutrient and tie it to the pen where it is needed.



Iron



Calcium





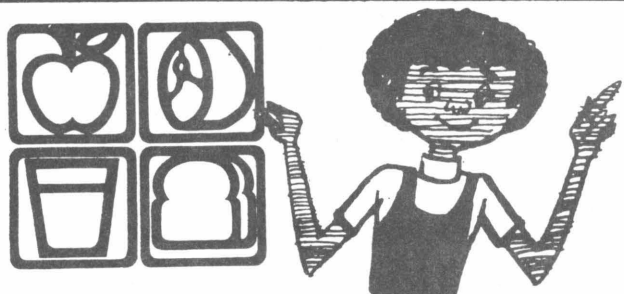

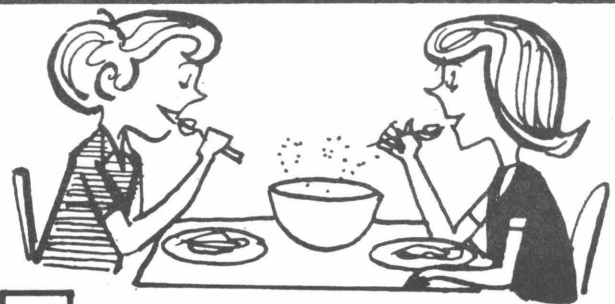

Vitamin C



Vitamin A



PUT AN X BY THE THINGS YOU CAN DO BETTER NOW.

 <p><input type="checkbox"/> Use the Food Guide to choose foods for meals and snacks.</p>	 <p><input type="checkbox"/> Have fun working with other members.</p>
 <p><input type="checkbox"/> Tell why we need foods in each Food Group.</p>	 <p><input type="checkbox"/> Help my family.</p>
 <p><input type="checkbox"/> Cook and eat some foods in each Food Group.</p>	 <p><input type="checkbox"/> Help my community.</p>

To Do at Home

Plan and cook a meal for your family.

or

Use the Food Guide to check the food you eat in a day.

or

Thank someone who works for the community.

or

All three!

Developed by Extension Service, USDA