



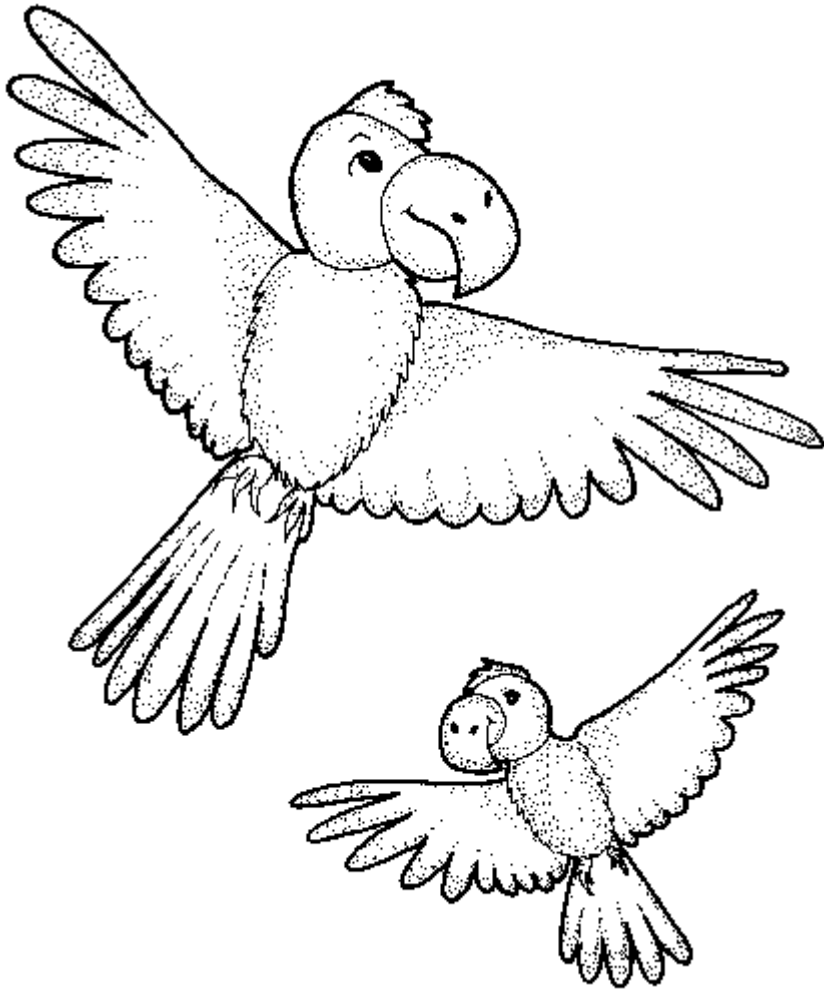
WORKBOOK

Florida 4-H Food, Nutrition & Health Program

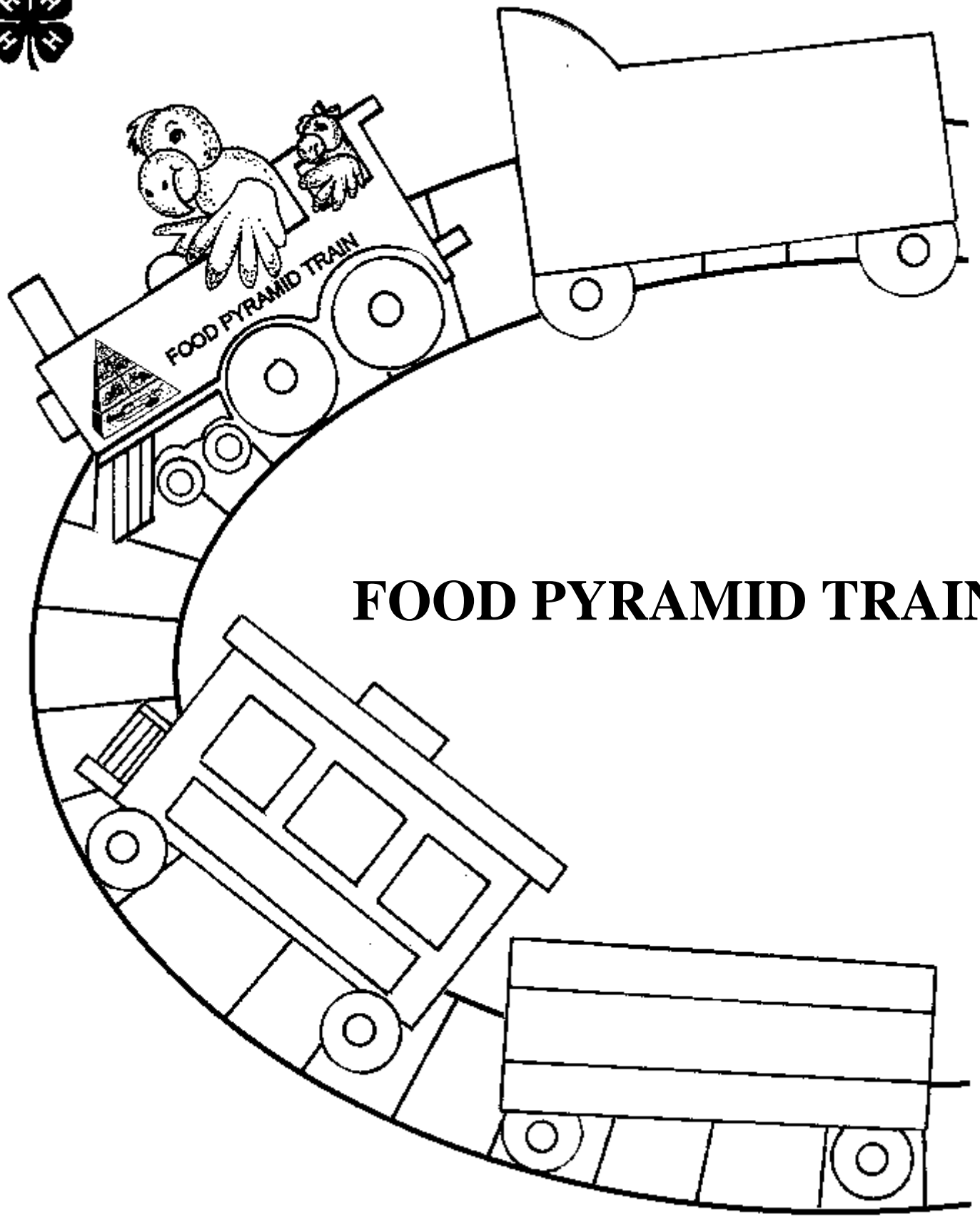


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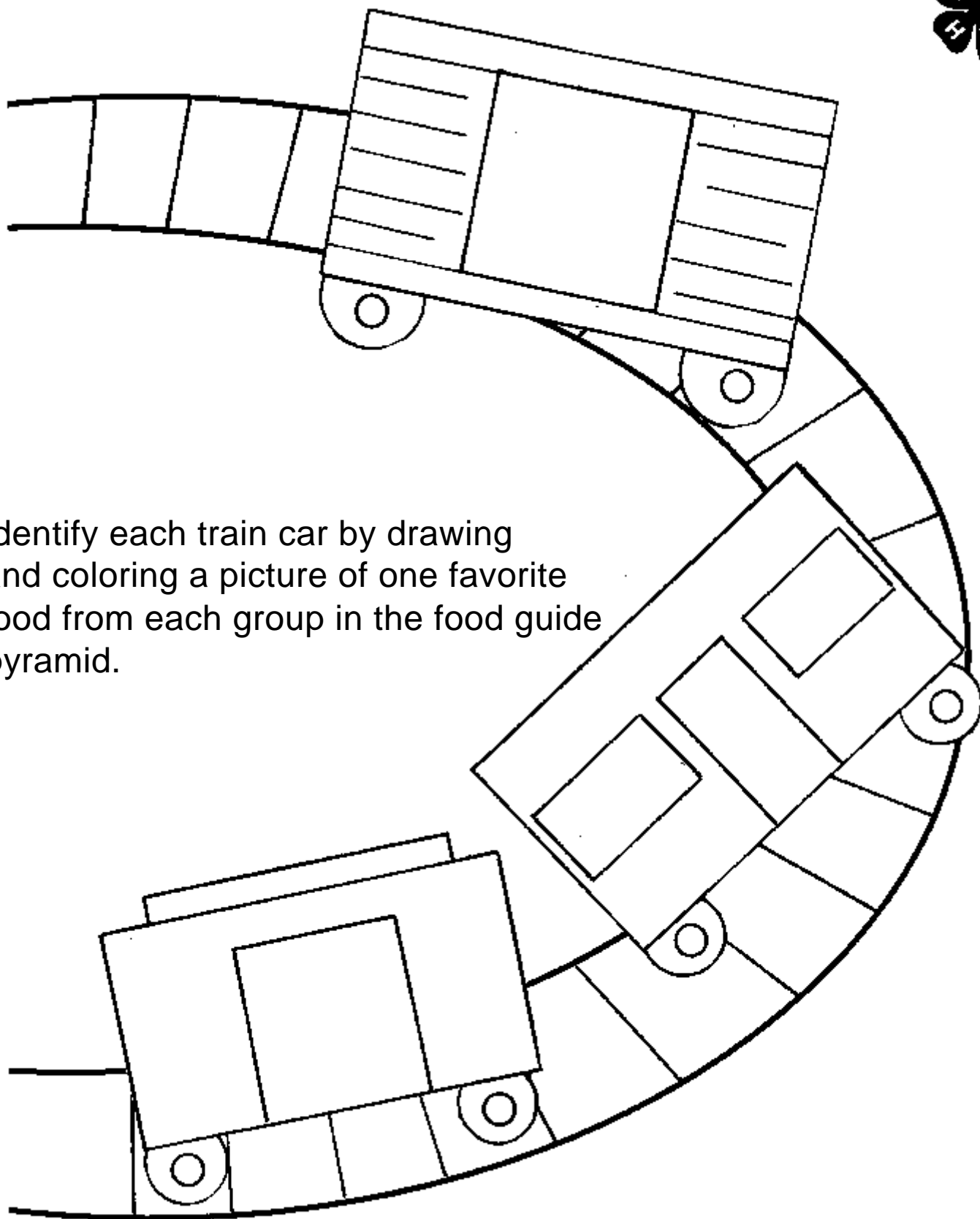
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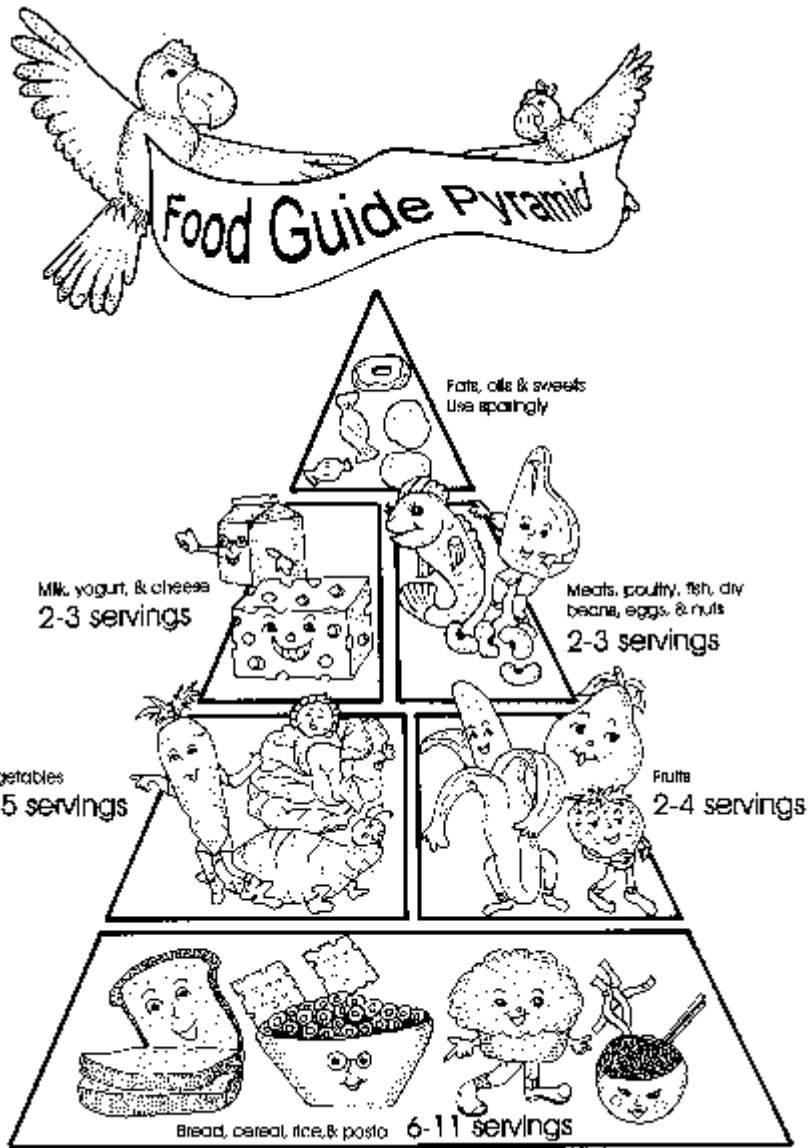
Hi, my name is Petie and this is my friend Lorie. Together we will show you the fun ways we learn about healthy and safe nutrition.



FOOD PYRAMID TRAIN



Identify each train car by drawing and coloring a picture of one favorite food from each group in the food guide pyramid.









You will need:

- Paper
- Magazines
- Scissors
- Glue

- Ž On a piece of paper draw a ^a (triangle).
- Ž Cut pictures out of a magazine that show each food guide pyramid.
- Ž Glue your pictures on your triangle so it will look like this page.
- Ž Hang your pyramid on the refrigerator for everyone t

EATING MY NUTRIENTS

Listed below are six nutrients and some of the foods that contain them. List one food you ate today that contained one of the nutrients.

NUTRIENTS	SOURCES	WHAT I ATE
<p style="text-align: center;">Vitamins</p> 	<p>A & C: Fruits and Vegetables</p> <p>B: Breads, Cereals, Pasta</p>	
 <p style="text-align: center;">Minerals</p>	<p>Milk, Yogurt, Cheese, Bread, Liver, Beans, Meat, Cereal</p>	
 <p style="text-align: center;">Protein</p>	<p>Meats, Nuts, Milk, Eggs, Cheese, Dry Beans</p>	
 <p style="text-align: center;">Fats</p>	<p>Mayonnaise, Ketchup, Margarine, Butter, Sweets</p>	
 <p style="text-align: center;">Carbohydrates</p>	<p>Breads, Cereals, Pastas, Beans</p>	
 <p style="text-align: center;">Water</p>	<p>Beverages, Water, Ice Tea</p>	

Petie Says



EAT BREADS & CEREALS
EAT **6-11** EACH DAY
Why? They have Carbohydrates and B-Vitamins for **ENERGY!**

EAT FRUITS
EAT **2-4** EACH DAY
Why? They Have Vitamin C for Healthy Cells
Some Fruits are high in Vitamin C

EAT VEGETABLES
EAT **3-5** OR MORE EACH DAY
Why? They have Vitamin A to prevent night blindness and fiber to help food move through the body

EAT MILK & CHEESE
EAT **3** EACH DAY
Why? They have Calcium for Bones and Teeth
More Calcium is needed during times of growth

EAT BEANS & MEATS
EAT **2** EACH DAY
Why? They have protein for Growth and Healing and Iron to carry oxygen to cells.

PLAN A BREAKFAST

Draw or cut-out food pictures from magazines, to plan a breakfast that includes a variety of foods.



