Eat Right, Exercise, and Stay Healthy!
Name the five food groups: fruits, vegetables, grains, protein & dairy
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Fruits

• Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
• 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit

Source: United States Department of Agriculture

Make half of your plate fruits and vegetables. Brainstorm types of fruits. Discuss nutritional value.
Vegetables

- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens

Brainstorm types of vegetable prepared in their homes. Discuss nutritional value.
Grains

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

- Servings: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered a serving.

Define whole grain foods. Discuss types of grain products. Make sure at least half of the grains you consume daily are whole grain. Discuss nutritional value.
Most American get enough protein. Discuss the different types of protein. Discuss nutritional value.
Brainstorm types of dairy products. Discuss nutritional value.
Eating a variety of foods from My Plate and being physically active will help you maintain a healthy lifestyle!

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