"What are you Downloading?"

Name:

Nutrition Word Sort Directions: Arrange the food related words in the correct "My Plate" groups.

My Plate - Graphic Organizer

Topic

Vegetable

Fruit

Grain

Protein Foods

Dairy

Follow the "My Plate" Icon Increase Fruit Intake Kiwi Peanut Butter Reduce Sodium Intake

Balance calories and Exercise

Drink Low Fat/No Fat Milk

Calcium

Fiber

Eat 2.5 cups

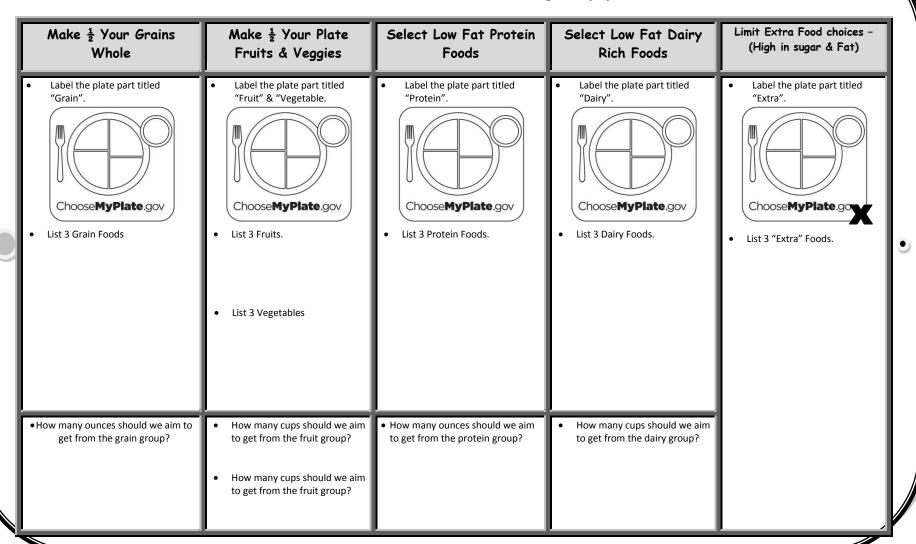
Vitamin C

Whole Grain Choices

-- Extras

http://comfortdoc.squidoo.com/ plate-coloring-page **Eating Guidelines**

Let's Download a "Healthy Applate"



Let's Download a "Healthy Applate"

Define:		Nutrients: Calcium	Nutrients: Carbohydrates	Nutrients: Complex Carbohydrates	Nutrients: Simple Carbohydrates	Nutrients: Fat
·	Plate Group	• Function -	Function -	Function -	• Function -	• Function -
•	Nutrients	Food Group High in this nutrient:	Food Group High in this nutrient:	Food Group High in this nutrient:	Food Group High in this nutrient:	Food Groups High in this nutrient are:
	Function	What disease does this nutrient prevent?				
	Diseases	Nutrients: Fiber	Nutrients: Iron	Nutrients: Protein	Nutrients: Vitamin A	Nutrients: Vitamin C
		Function -	Function -	Function -	Function -	Function -
		Food Groups High in this nutrient are:	 Food Groups High in this nutrient are: 	Food Groups High in this nutrient are:	 Food Groups High in this nutrient are: 	 Food Groups High in this nutrient are: