

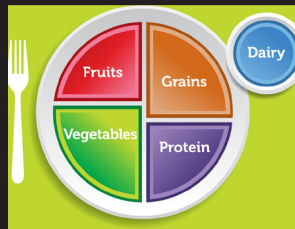
# POWERFUL PROJECT

AGES 4-7

JANUARY  
2012

# HEALTH

FIRST & LAST NAME: \_\_\_\_\_



USDA's "my plate"

All of our healthy foods can be put in to 5 main groups. (1) The grain group (rice, pasta, whole grain bread, cereal), (2) The vegetable group (carrots, spinach, broccoli, salad) (3) The fruit group (bananas, apple sauce) (4) The dairy group (milk, cheese, and yogurt), and (5) protein group (meat, fish, black beans, lentils, peanut butter, almonds, tofu). To be healthy, you should eat foods from all different groups and exercise your body! **Below, draw pictures (or cut and paste photos from magazines) to show some items that belong in each group.**

## Exercise

Draw or cut & paste 1 example of exercise!

## Dairy

Draw or cut/paste 1 example of dairy!

## Fruits

Draw or cut & paste 2 examples of fruit!

## Favorite?

Draw or cut & paste 1 example of your favorite way to stay healthy!

## Vegetables

Draw or cut & paste 2 examples of vegetables!

## Grains

Draw or cut & paste 2 examples of grains!

## Protein

Draw or cut & paste 2 examples of protein!

If there is a food group that you don't eat simply cross it out. Not everyone follows the same guidelines, as we all have different approaches to health.