

Name: _____ Teacher: _____

Nutrition Stations

Station #1: The Five Food Groups

The Five Food Groups are:

1. _____, _____, _____, _____, and _____.
2. Foods in the **milk group** have _____. Kids should eat and drink _____ cups from the milk group every day.
3. Meat, fish, beans, and eggs give you _____. Eat _____ ounces from the **meat and beans group** every day.
4. Kids should eat at least _____ cups of **vegetables** every day. A _____ is a part of a plant that people eat. Vegetables come from many parts of the _____. Vegetables can be roots, stems, leaves, flowers, or _____.
5. _____ grows on trees, bushes, and vines. Kids should eat _____ cups of **fruit** every day.
6. Most _____ grow in fields. Try to eat foods that are made from _____ grains. Whole grains are full of _____.

Station #2: The Food Pyramid

7. The food pyramid is made up of the _____.
8. List 3 foods from each of the five food groups

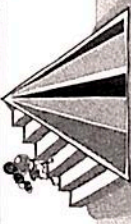
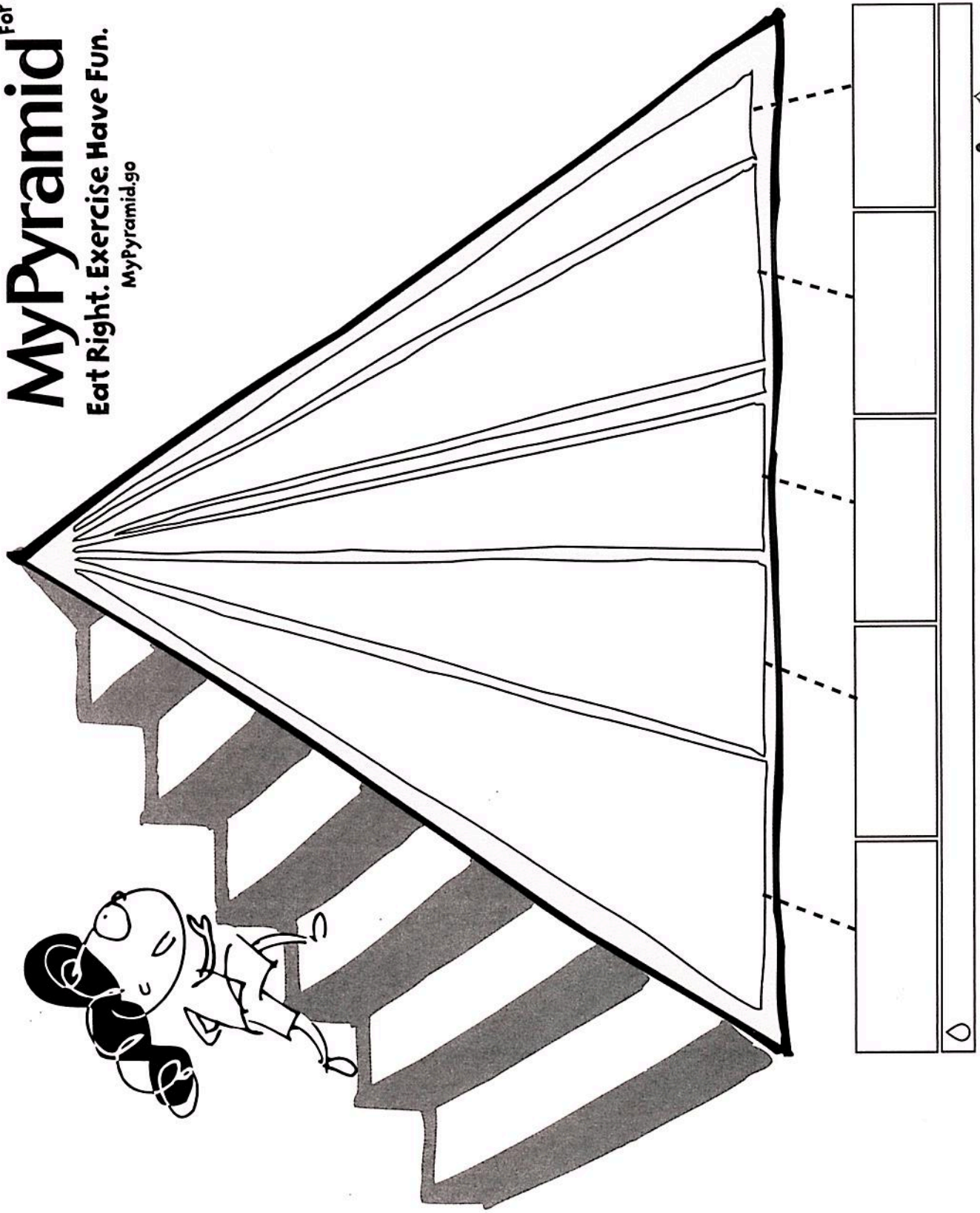
The Grain Group	The Fruit Group	The Vegetable Group	The Meat & Beans Group	The Milk Group
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.

For Kids

MyPyramid

Eat Right. Exercise. Have Fun.

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Station #3: Reading Nutrition Labels

Complete the Nutrition Label Comparison below and answer the questions that follow.

The **Nutrition Facts** label on food packages can give you helpful information about what's inside. Below is a group of labels for snack foods. Work with a partner to read and compare the labels. Which is the healthier snack alternative?

YOGURT, FAT-FREE, PLAIN	YOGURT, WHOLE MILK, VANILLA	APPLE SLICES	FRENCH FRIES, SMALL
<p>Nutrition Facts Serving Size 1 cup (245g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <p>Calories 140</p> <hr/> <p style="text-align: right;">%Daily Value*</p> <p>Total Fat 0g 0 % Saturated Fat 0g 0 % Trans Fat 0g</p> <p>Cholesterol 5mg 0 % Sodium 175mg 7 % Total Carbohydrate 19g 6 % Dietary Fiber 0g 0 % Sugars 13g</p> <p>Protein 14g</p> <hr/> <p>Vitamin A 0% • Vitamin C 4% Calcium 50% • Iron 0%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet.</small></p>	<p>Nutrition Facts Serving Size 1 cup (245g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 70</p> <hr/> <p style="text-align: right;">%Daily Value*</p> <p>Total Fat 8g 12 % Saturated Fat 5g 25 % Trans Fat 0g</p> <p>Cholesterol 30mg 10 % Sodium 125mg 5 % Total Carbohydrate 30g 10 % Dietary Fiber 0g 0 % Sugars 29g</p> <p>Protein 8g 16 %</p> <hr/> <p>Vitamin A 6% • Vitamin C 0% Calcium 30% • Iron 0%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet.</small></p>	<p>Nutrition Facts Serving Size 1 bag (68g) Servings Per Container 1</p> <hr/> <p>Amount Per Serving</p> <p>Calories 35 Calories from Fat 0</p> <hr/> <p style="text-align: right;">%Daily Value*</p> <p>Total Fat 0g 0 % Saturated Fat 0g 0 % Trans Fat 0g 0 %</p> <p>Cholesterol 0mg 0 % Sodium 0mg 6 % Total Carbohydrate 9g 3 % Dietary Fiber 2g 8 % Sugars 7g</p> <p>Protein 0g</p> <hr/> <p>Vitamin A 0% • Vitamin C 30% Calcium 2% • Iron 2%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet.</small></p>	<p>Nutrition Facts Serving Size 1 serving (68g) Servings Per Container 1</p> <hr/> <p>Amount Per Serving</p> <p>Calories 210 Calories from Fat 90</p> <hr/> <p style="text-align: right;">%Daily Value*</p> <p>Total Fat 10g 15 % Saturated Fat 1.5g 8 % Trans Fat 0g</p> <p>Cholesterol 0mg 0 % Sodium 135mg 6 % Total Carbohydrate 26g 9 % Dietary Fiber 2g 8 % Sugars 0g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 0% • Vitamin C 15% Calcium 0% • Iron 2%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet.</small></p>

Study the labels. Use your notebook to record the data for all four snack foods, and then answer the questions.

9.	PLAIN YOGURT	VANILLA YOGURT	APPLE SLICES	FRENCH FRIES
Serving size				
Calories in entire container				
% DV for saturated fat per serving				
% DV for calcium per serving				
% DV for sodium per serving				

10. Which snack food has the most calcium with the lowest amount of calories? _____
11. Which snack foods are the lowest in saturated fat? _____
12. Which snack food is the lowest in sodium (salt)? _____
13. Which snack foods are healthier alternatives? _____
14. Explain how you came to your conclusion. Were any of your results surprising? _____