

## MyPyramid WORD SEARCH

Y	G	R	A	I	N	S	D	W	V		
F	T	M	T	B	R	R	O	E	T		
F	O	I	Y	A	A	B	G	H	R		
R	R	X	V	H	E	E	B	E	A		
J	X	U	Y	I	T	M	B	A	M		
T	W	A	I	A	T	E	D	L	S		
K	L	D	B	T	A	C	I	T	T		
P	E	L	E	N	S	H	A	H	A		
U	E	G	S	K	L	I	M	Q	E		
S	N	O	I	T	I	R	T	U	N		

Can you find these words?

- ACTIVITY
- BEANS
- EAT SMART
- FRUITS
- GRAINS
- HEALTH
- MEAT
- MILK
- NUTRITION
- PLAY HARD
- VEGETABLES

Answers on page 50

## WORD SCRAMBLE - WHOLE GRAINS

**Grab Some Grains!** Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same numbers to decode the hidden message.

**NRAB**  11

**PCNROPO**  10

**NRBOW ICER**  13  12

**LEISUM**  14

**EKAWTBHCU**  2

**HOEWL TEWAH ABDER**  4  3  8

**TEAMALO**  6 7

**LEWOH NIAGR YABELR**  5  9  1

1  4  9

Reprinted from "Team Up at Home. Team Nutrition Activity Book." U.S. Department of Agriculture. <http://teamnnutrition.usda.gov/Resources/teamupbooklet.pdf>

(but grown-ups might like this section, too!)

## Where Are the Milk Group Foods?

There are **22** foods from the milk group hidden in this picture. Can you find them all?

WHERE ARE THE MILK GROUP FOODS?

"MOOS" YOU CAN USE

Getting your milk group foods is as easy as breakfast, lunch, and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk. Munch sticks of string cheese at lunch. For a snack, have a cup of lowfat yogurt. Yum!

BE A DAIRY DETECTIVE

Color in all the milk, cheese, and yogurt you can find. Score bonus points if you know what eating milk group foods everyday can do for you.

Answer: Build stronger bones.



KEY



MILK IT!  
Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, mix up lowfat milk with fat-free pudding and add your favorite fruits for an extra kick!

DID YOU KNOW?

Being strong isn't just about having big muscles... you have to have strong bones, too! Two out of three kids aren't getting the calcium they need.

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Answers on page 50

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## FRUIT AND VEGGIE Scramble

- |                     |                    |
|---------------------|--------------------|
| 1. Rasgpusaa _____  | 7. Nroc _____      |
| 2. Lwtaremeno _____ | 8. Cuetelt _____   |
| 3. Rytrerswbr _____ | 9. Elnipaapp _____ |
| 4. Irbcocol _____   | 10. Lecyer _____   |
| 5. Sgprea _____     | 11. Nnabaa _____   |
| 6. Hpace _____      | 12. Doacova _____  |

Answers: 1. Asparagus, 2. Watermelon, 3. Strawberry, 4. Broccoli, 5. Grapes, 6. Peach, 7. Corn, 8. Lettuce, 9. Pineapple, 10. Celery, 11. Banana, 12. Avocado

# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures spell out the answer, with spaces below for children to write in the correct word. See example below.

**Eat a** **V A R I E T Y** of foods



**1. Eat more**



**and whole grains**

**2. Eat foods lower in solid**

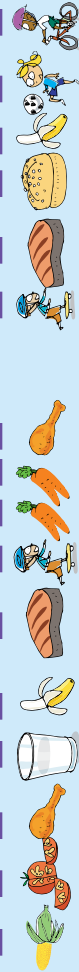


**3. Get your**

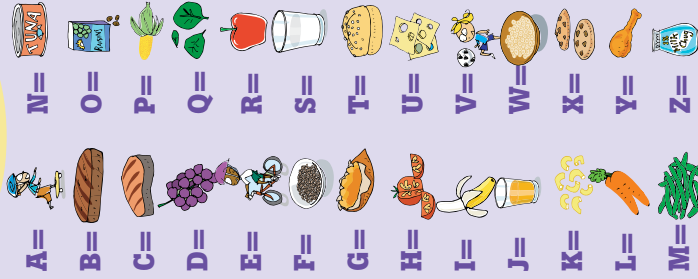
**rich**



**4. Be**



## Code



Answers: 1. Eat more FRUITS, VEGETABLES and whole grains. 2. Eat lower FAT foods more often. 3. Get your CALCIUM-rich FOODS. 4. Be PHYSICALLY ACTIVE.

(but grown-ups might like this section, too!)

## Eat a variety of foods.

A balanced diet is one that includes all the food groups. In other words, have foods from every group, every day.

# Tips!

# Jokes!!!

## Stay hydrated.

No matter what type of physical activity you do, you always should be sure to drink plenty of water before you start, during the activity and after you're done, even if you don't feel thirsty.

**Why are basketball players such messy eaters?**  
Because they dribble

**What happens when you tell an egg a joke?**  
It cracks up

**Grow a salsa garden** and make your own salsa. For more information, see "From the Garden to the Table: Salsa!" at [www.ag.ndsu.edu/pubs/yf/foods/fn584w.htm](http://www.ag.ndsu.edu/pubs/yf/foods/fn584w.htm)

**Did you know?** Popcorn is a whole-grain snack. For a tasty, spicy snack, try mixing 4 cups of popped popcorn, 1 tablespoon of melted margarine, 1 teaspoon of chili powder and a dash of garlic powder.

**Why did the cook get arrested?**  
Because he beat up an egg  
Check out the recipe for Egg Cups on Page 27.

**Why did the tomato turn red?**  
Because he saw the salad dressing

**What do you call tired popcorn?**  
Popped-corn

**Why did the orange stop in the middle of the road?**  
Because she ran out of juice  
Get the fiber bonus. Have whole fruit more often than fruit juice.

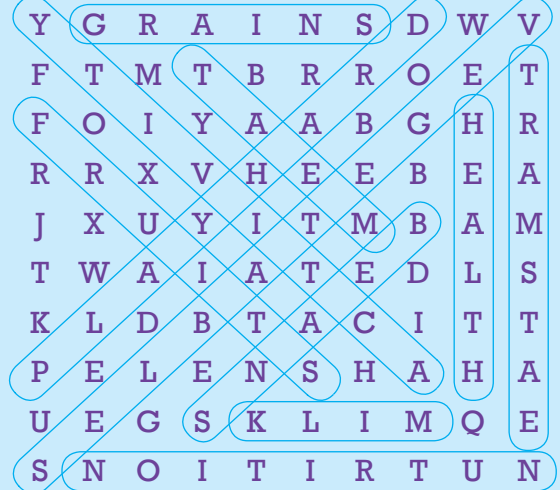
## Snack smart.

Snacks can help provide the food energy you need for growth and play. Have a fruit smoothie or banana rolls! See the recipes on page 24.

**Make time for breakfast** every day. When choosing breakfast, aim for variety. Following the MyPyramid guidelines when eating meals will give you a great assortment of healthier food options.

(but grown-ups might like this section, too!)

### Word Search – page 46



### Word Scramble – page 46

NRAB      b r a n 11

PCNROPO      p o p e c o r n 10

NRBOW ICER      b r o w n 13      r i c e 12

LEISUM      m u e s l i 14

EKAWTBHCU      b u c k w h e a t 2

HOEWL TEWAH ABDER      w h o l e 4      w h e a t 3      b r e a d 8

TEAMALO      o a t m e a l 6 7

LEWOH NIAGR YABELR      w h o l e 5      g r a i n 9      b a r l e y 1

eat 1 2 3      w h o l e 4 5 6 7 8      g r a i n s 9 10 11 12 13 14

### Where Are the Milk Group Foods? page 47

There are 22 foods from the milk group hidden in this picture. Can you find them all?

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**WHERE ARE THE MILK GROUP FOODS?**

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**KEY**

- Swiss Cheese Slice
- Yogurt cups
- Glass of Milk
- Milk Gallon
- Cheese Wheels
- Frozen Yogurt Pops
- American Cheese Slice
- String Cheese
- Cheese Cube
- Milk Bottle

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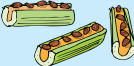
# Food and Activity Calendar



Draw a  line across the box when the parent completes the item in the box.

Draw a  line across the box when the child completes the item in the box.

**Option**—Use stickers for each activity completed. One color for adults, a different color for a child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make family time an active time. Go for a family walk	Eat an orange fruit or vegetable 	Walk up and down a flight of stairs three times	Make a smoothie with lowfat or fat-free milk or yogurt and fruit	Eat some beans or nuts 	Try two bites of a new fruit or vegetable	Look for food labels that say "whole grain" at the grocery store
Look at the school lunch menu and circle all the vegetables you like	Eat a whole grain food 	Ride a bike or take a walk 	Eat dinner together as a family	Try to balance on one foot 	Eat a dark green vegetable 	Look at a juice label at home or at the store. Is it 100% juice?
Make a yogurt parfait with fruit 	Play Simon Says. Parents can hold weights while they play	Have at least two different vegetables at dinner	Do not watch any TV today 	Make a list of the snacks you like that are not high in solid fat or added sugar	Cook something together 	Eat breakfast together as a family
Have a contest. Who can do the most jumping jacks during a commercial	Eat some lowfat cheese 	Eat a food with vitamin C: an orange, strawberries, or a tomato	Play the MyPyramid Blast Off game on your computer	Put on some music and dance	Eat a raw fruit or vegetable 	Play outside 
Eat a lean protein food, like fish, dry beans, or meat without a lot of fat	Try a new food 	Have a ball toss	Eat a dried fruit: dried plums, apricots, or raisins	Make a healthy snack 	Read the food label of two cereal boxes and compare	Keep track of the number of foods you eat from MyPyramid

**KIDS PAGES**  
(but grown-ups might like this section, too!)