

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

1. What food belongs in the MyPyramid grain group? What color is the grain group?

- a. Popcorn — red
- b. Cereal — orange
- c. Candy — yellow

2. The color of the MyPyramid group where you find cheese, yogurt and milk is _____.

- a. Purple
- b. Green
- c. Blue

3. Which MyPyramid food group gives you lots of protein?

- a. Vegetables
- b. Meat and Beans
- c. Grains

4. Which food group contains green foods such as lettuce, broccoli and peas?

- a. Vegetables
- b. Fruits
- c. Grains

5. What color on MyPyramid stands for the Fruit Group?

- a. Yellow
- b. Purple
- c. Red

For more fun nutrition games, visit www.ndsu.edu/eatsmart. Click on "For Kids."

Answers: 1-b, 2-c, 3-b, 4-a, 5-c

Find the six food safety mistakes, then color the picture.

(See the answers below.)



Source: U.S. Department of Agriculture

Answers

- 1) Mayonnaise is in the cupboard with the lid off.
- 2) Backpack is on the counter.
- 3) Cat is on the counter.
- 4) Milk carton is on the floor, not in the refrigerator.
- 5) Sandwich is on the floor.
- 6) Hotdogs are in the cupboard.

Crack the Code for Health

Find out what you can do to help protect yourself and others from getting sick. Write the answer to each clue. Use the numbers below each letter to answer the mystery question.

CLUE 1

This outdoor activity is one way to have fun and get physical activity.

G _ 2
A _ 8
R _ 10
D _ 9
E _ 9
I _ 9
N _ 9
G _ 9

CLUE 2

Wear this for protection while biking.

_ 4
_ _
_ _
_ _

CLUE 3

Eat this red fruit as part of a healthy diet.

_ 3
_ 8
_ 2
_ 1
_ 8
_ 8
_ 5

CLUE 4

Wear this to help protect you from getting sun burns and skin cancer.

_ 3
_ 7
_ 9
_ 3
_ 8
_ 9

CLUE 5

Drinking milk and eating other calcium-rich foods help make these strong.

_ 6
_ 9
_ 3
_ 3



MYSTERY QUESTION

What can you do to help protect yourself and others from getting sick?

_ 1
_ 2
_ 3
_ 4
_ 5
_ 6
_ 7
_ 8
_ 9
_ 10
_ 3
D

ANSWERS: (1) GARDENING (2) HELMET (3) STRAWBERRY (4) SUNSCREEN (5) BONES
(MYSTERY) WASH YOUR HANDS



Calcium is aMAZEing!

Like you, Bo needs calcium to keep bones and teeth strong and healthy. Help Bo find her way through the calcium maze to the Great Calcium Fair.



start



Fat-free milk
8 fluid ounces =
300 milligrams
of calcium



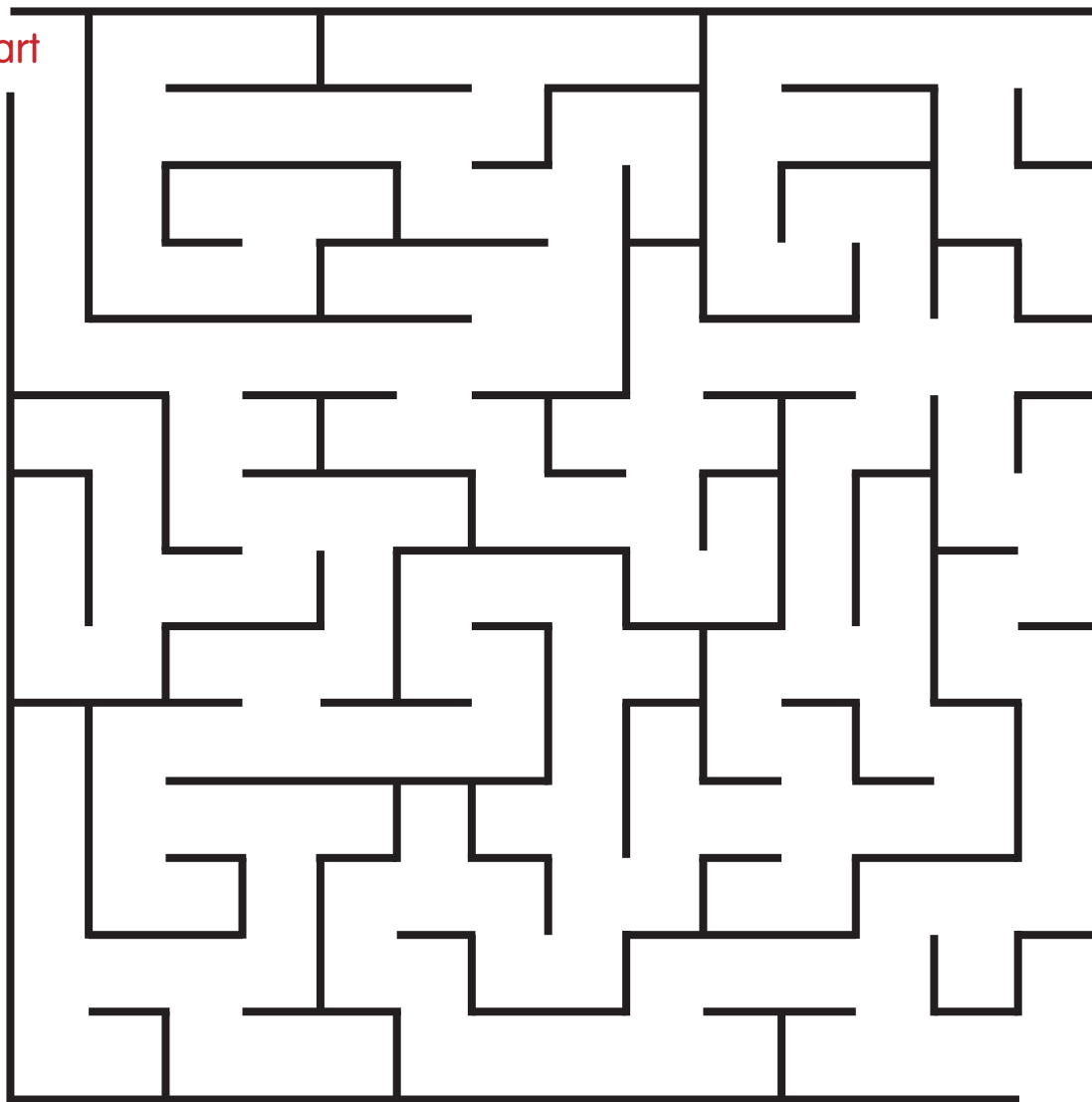
Broccoli
1 cup = 90 mg



Macaroni & Cheese
1/2 cup = 180 mg



Ice Cream
1 scoop = 118 mg



finish

Children 4 to 8 years old need 800 mg of calcium daily!
Children 9 to 18 years old need 1,300 mg of calcium daily!

Congratulations!

Collect your ribbon from the Calcium Queen.

National Institutes of Health/
Department of Health & Human Services
www.nichd.nih.gov/milk



Tips! Jokes!!!

What do you call a cow
that can't get milk?
A milk dud

Tip: Try to make your meals and snacks as colorful as you can. A variety of fruits and vegetables can really brighten up your plate!

Why do potatoes make
good detectives?
Because they keep
their eyes peeled

Why are basketball
players sloppy eaters?
Because they're
always dribbling



Tip: Dairy products help keep your bones strong and healthy. Including enough dairy in your diet is easy. Have some yogurt, a cheese stick or a fruit smoothie made with milk and yogurt.

What do you call
cheese that isn't
yours?
Nacho cheese

Knock, knock
Who's there?
Lettuce!
Lettuce who?
Lettuce in and I'll tell you!

Why did the tomato blush?
Because he saw the salad dressing

Why did the banana go to the doctor?
Because it wasn't peeling well

What do vegetables
live for more than
anything else in the
whole world?
on earth
Peas (peace)

What is a tailor's
favorite kind of
vegetable?
A string bean

Hungry for a snack?

Munch on baked tortilla chips and salsa, veggies or popcorn.

Tip: Try to be active for one hour each day. This can include in-line skating, jumping rope and playing games such as basketball and soccer.

Have Fun with fruits and vegetables

Find the hidden fruits and vegetables in the puzzle.

Works can read up, down or across, from left to right or right to left.

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

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?

(On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

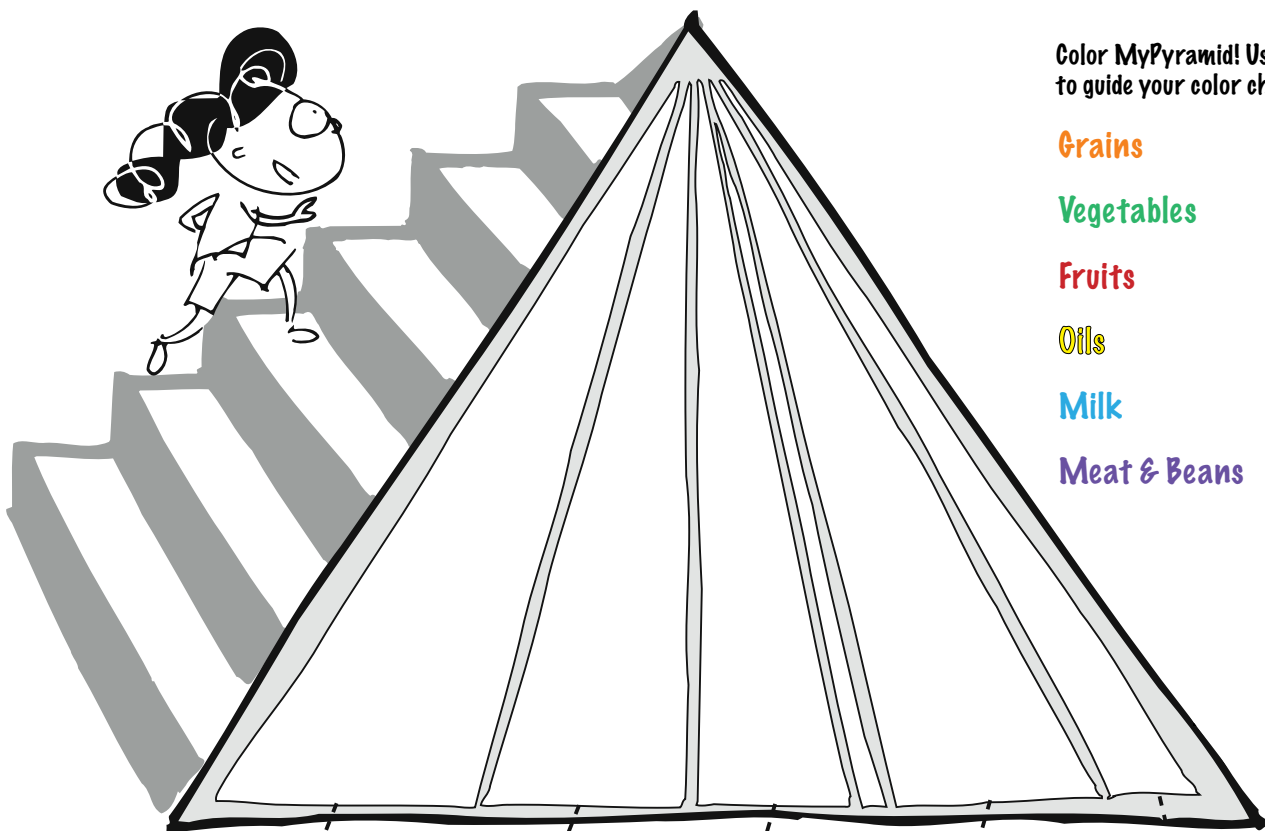
How will you eat this vegetable?

(As a snack, with dip or for lunch.)

Color MyPyramid



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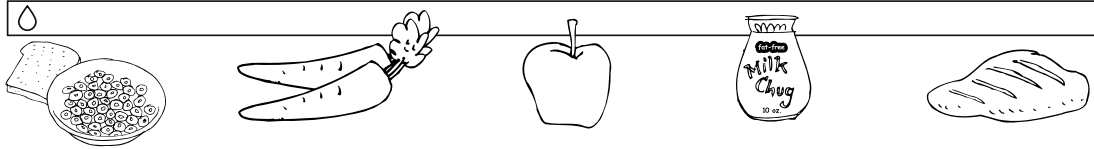


Color MyPyramid! Use the chart below to guide your color choices.

- | | |
|--------------|--------|
| Grains | Orange |
| Vegetables | Green |
| Fruits | Red |
| Oils | Yellow |
| Milk | Blue |
| Meat & Beans | Purple |

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← Write in the food group names here



Eat Right. Exercise. Have Fun.

EAT SMART. PLAY HARD. Together



www.ndsu.edu/eatsmart



NDSU
Extension Service
North Dakota State University



GRAINS VEGETABLES FRUITS MILK MEAT & BEANS

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