

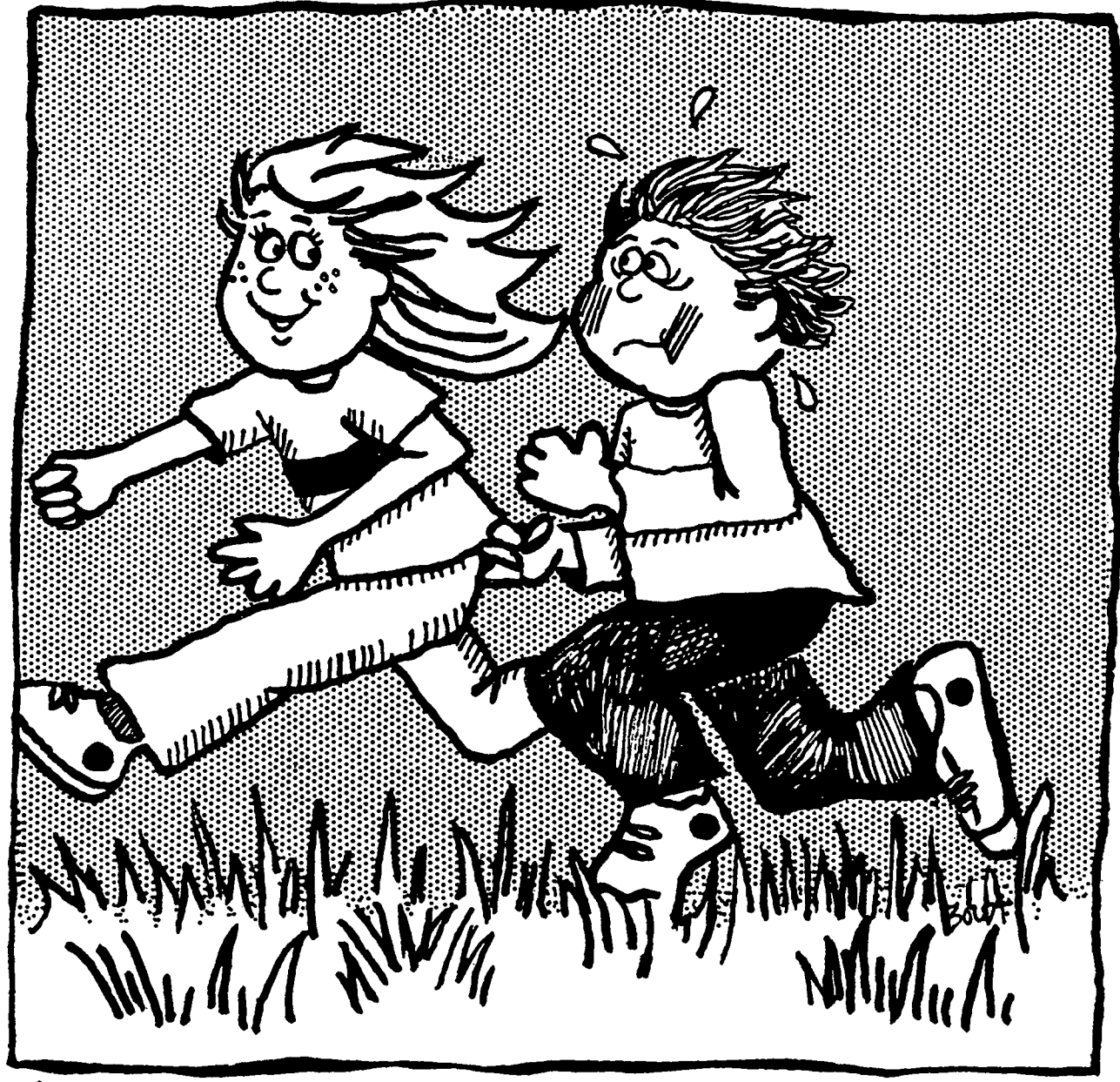
2/8/90

3587  
4161

# 53466  
STUDENT WORKSHEETS

50¢

# Evil Eater and the ENERGY RACE

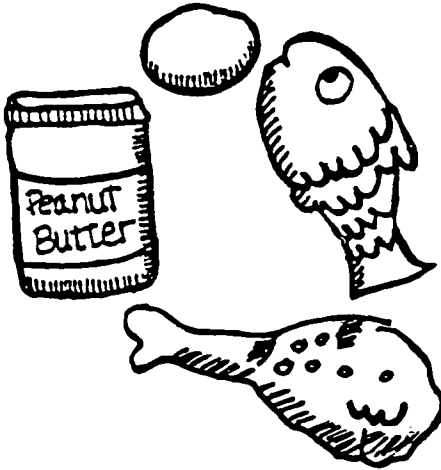


Pre test \_\_\_\_\_ Name \_\_\_\_\_ Score \_\_\_\_\_

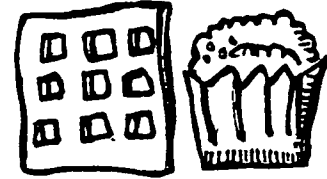
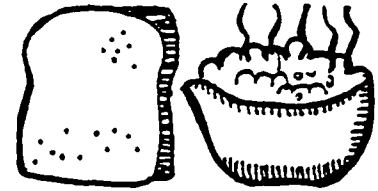
Post test \_\_\_\_\_ School \_\_\_\_\_

1. For each food group identify the name and the number of servings needed daily.

\_\_\_\_\_ ☐



\_\_\_\_\_ ☐



\_\_\_\_\_ ☐

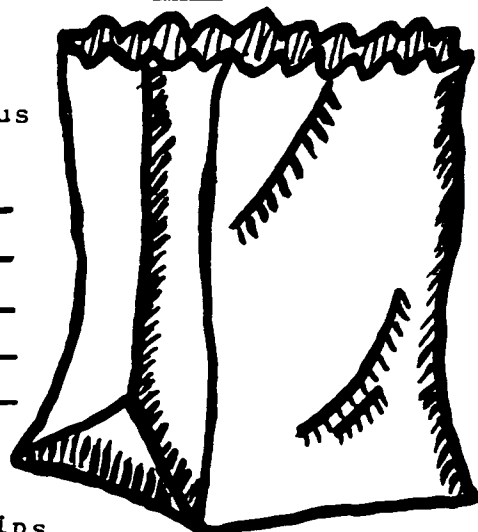


2. Choose five foods from the group of foods given below and make a nutritious lunch.

Soda pop  
Orange  
Chicken sandwich  
Apple  
Tuna sandwich  
Milk  
Peanut butter sandwich  
Cheese  
peach  
Carrots  
Meat loaf sandwich  
Orange juice

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Graham crackers  
Potato chips



Sugar cookies

Twinkie  
Celery  
Banana

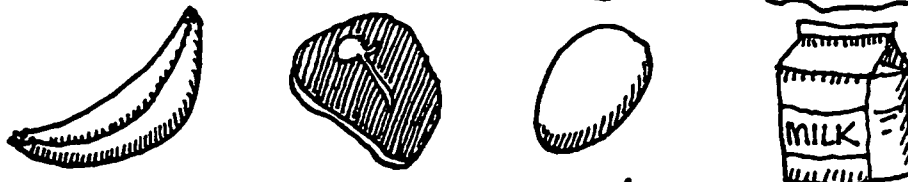
Cake

3. Circle two foods that are high sources of...

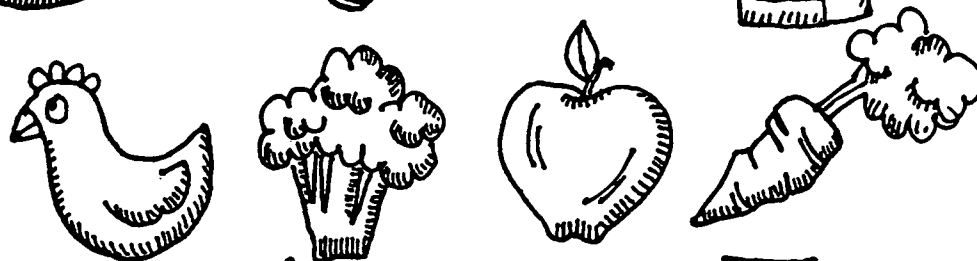
Calcium:



IRON:



Vitamin A:



Vitamin C:



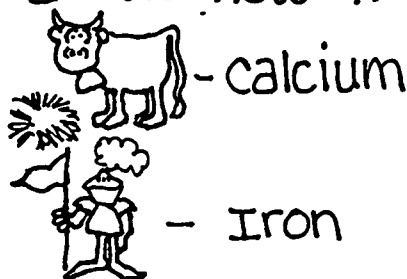
Sugar:



Fat:



4. Draw a line from each nutrient to the picture that shows how it helps your body.



- calcium

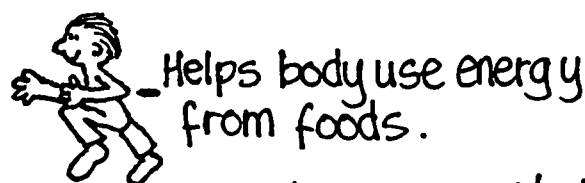
- Iron



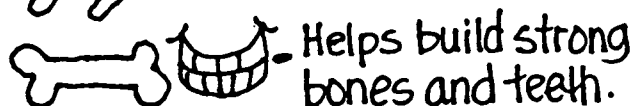
- Vitamin A



- Vitamin C



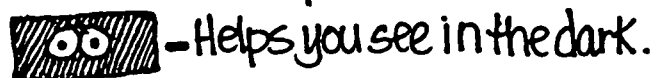
- Helps body use energy from foods.



- Helps build strong bones and teeth.



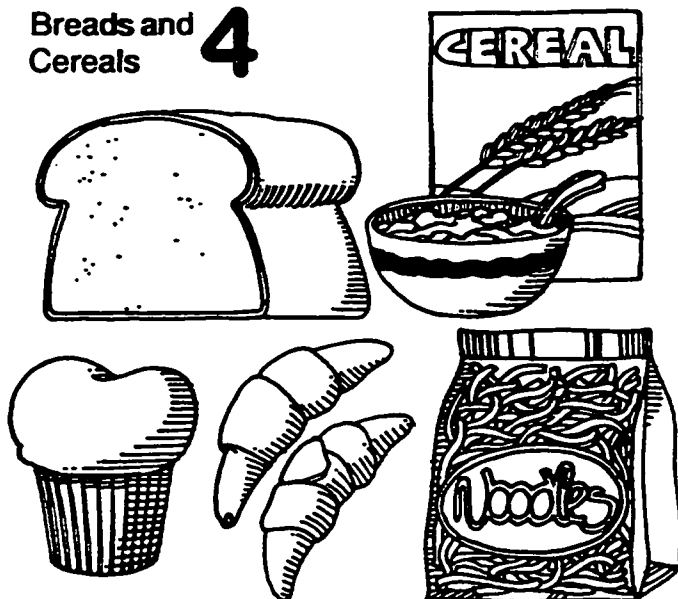
- Helps heal cuts and scrapes.



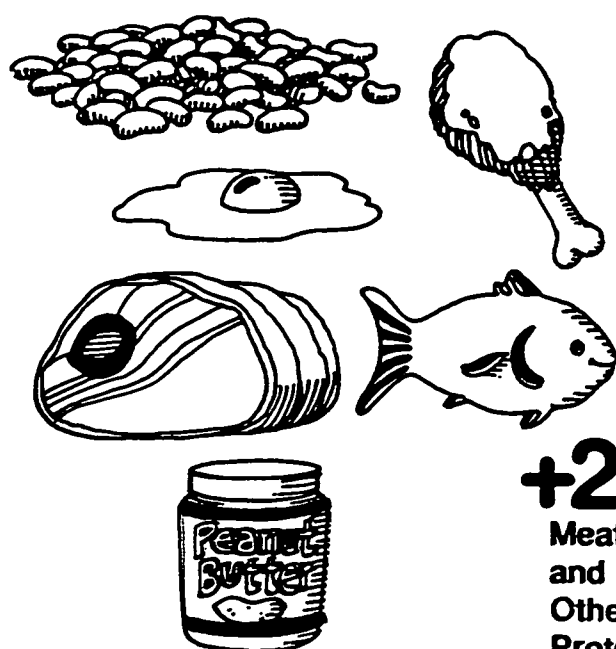
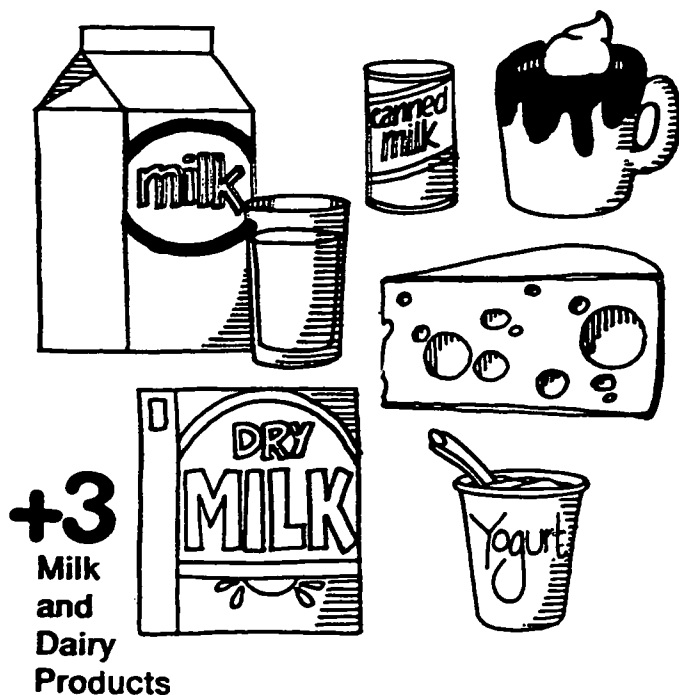
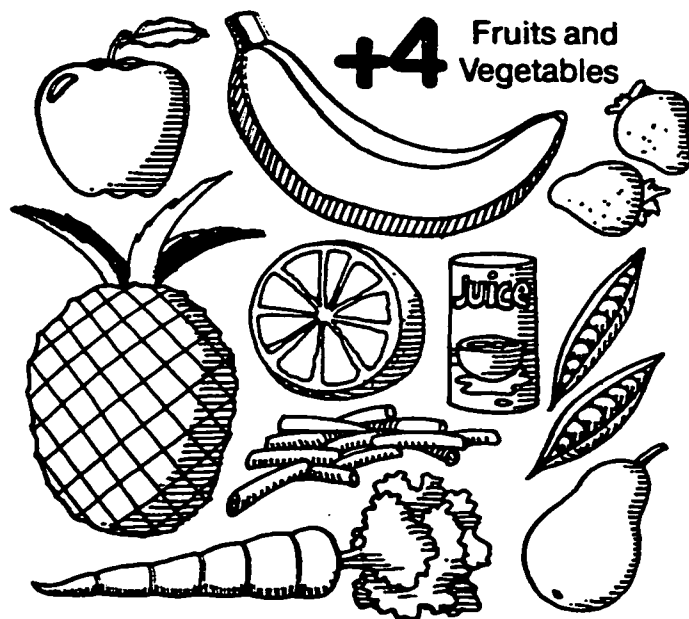
- Helps you see in the dark.

# THE BIG FOUR

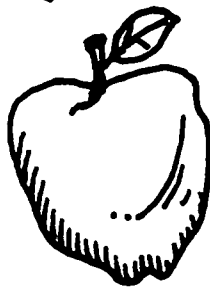
Breads and  
Cereals **4**



**+4** Fruits and  
Vegetables



**4+4+3+2 WILL =  
THE VERY BEST POSSIBLE  
YOU EACH DAY**



name \_\_\_\_\_

date \_\_\_\_\_

4-4-3-2

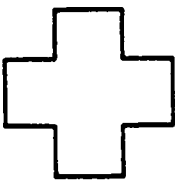
# Food Chart

List all the foods that you have eaten in the last 24 hours (example)--if it is 11:00 am start yesterday at 11:00 am

	FRUIT & VEGETABLE GROUP	BREAD & CEREAL GROUP	MILK GROUP	MEAT GROUP	SWEET & FAT GROUP
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
TOTAL	4	4	3	2	

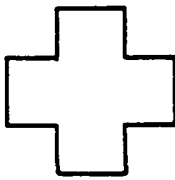
# THE FITNESS FORMULA

## A BALANCED DIET (Energy Intake)



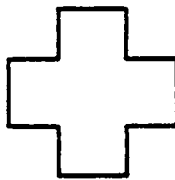
4

Breads and Cereals



4

Fruits and Vegetables



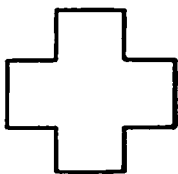
3

Milk and Dairy Products



2

Meat and Other Protein Foods

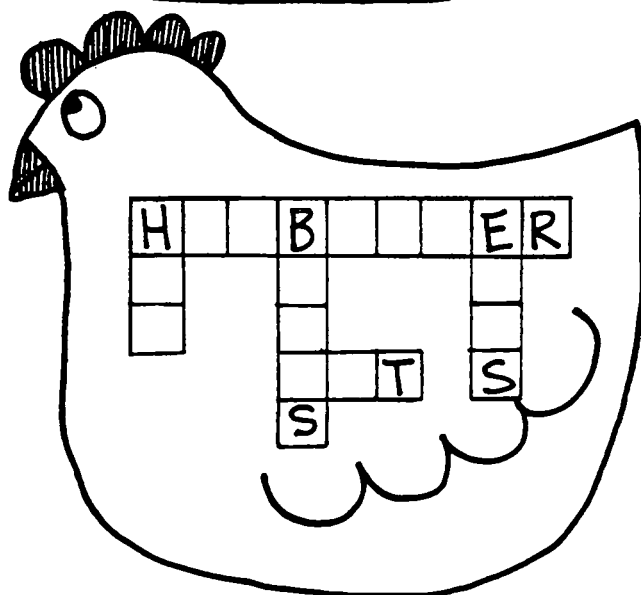
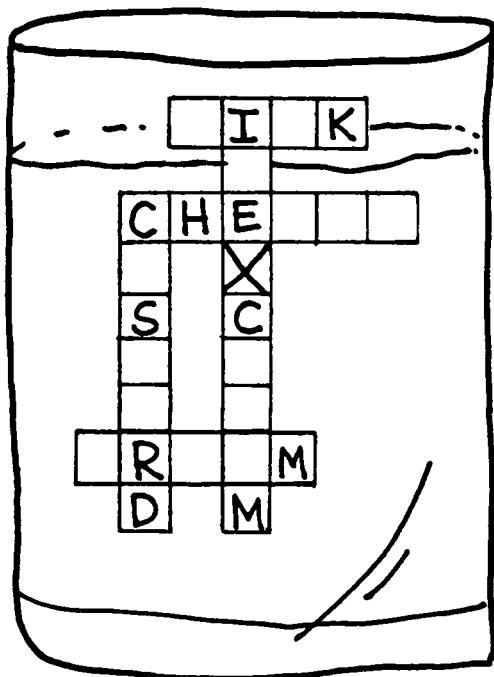
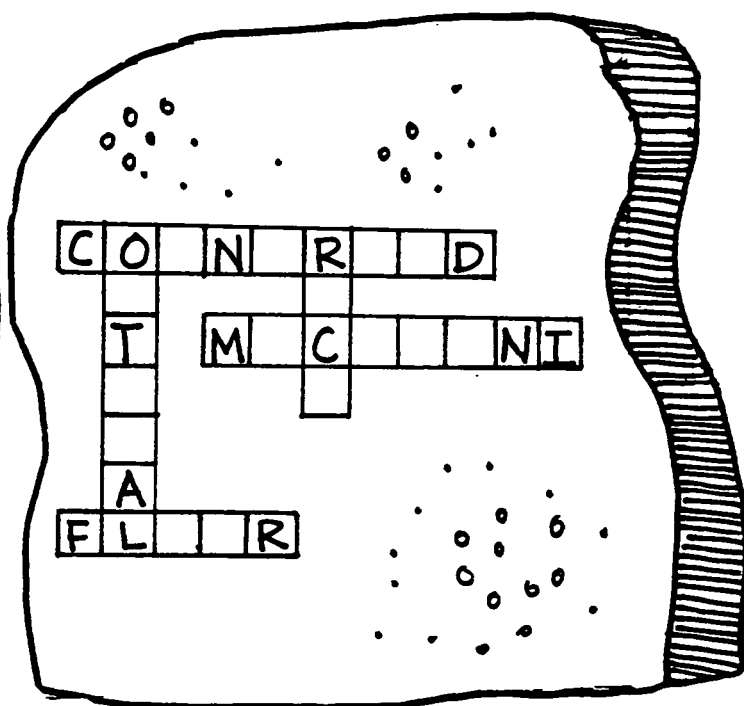
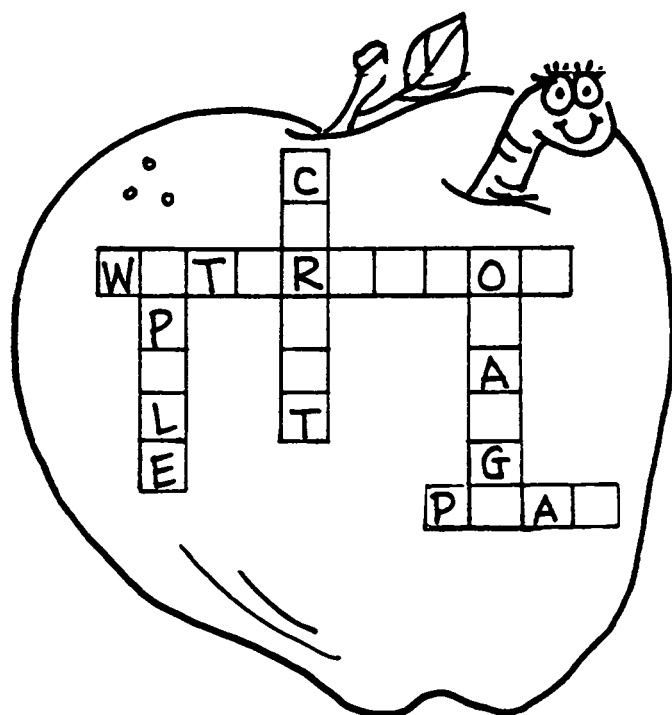


2

EXERCISE

(energy output)

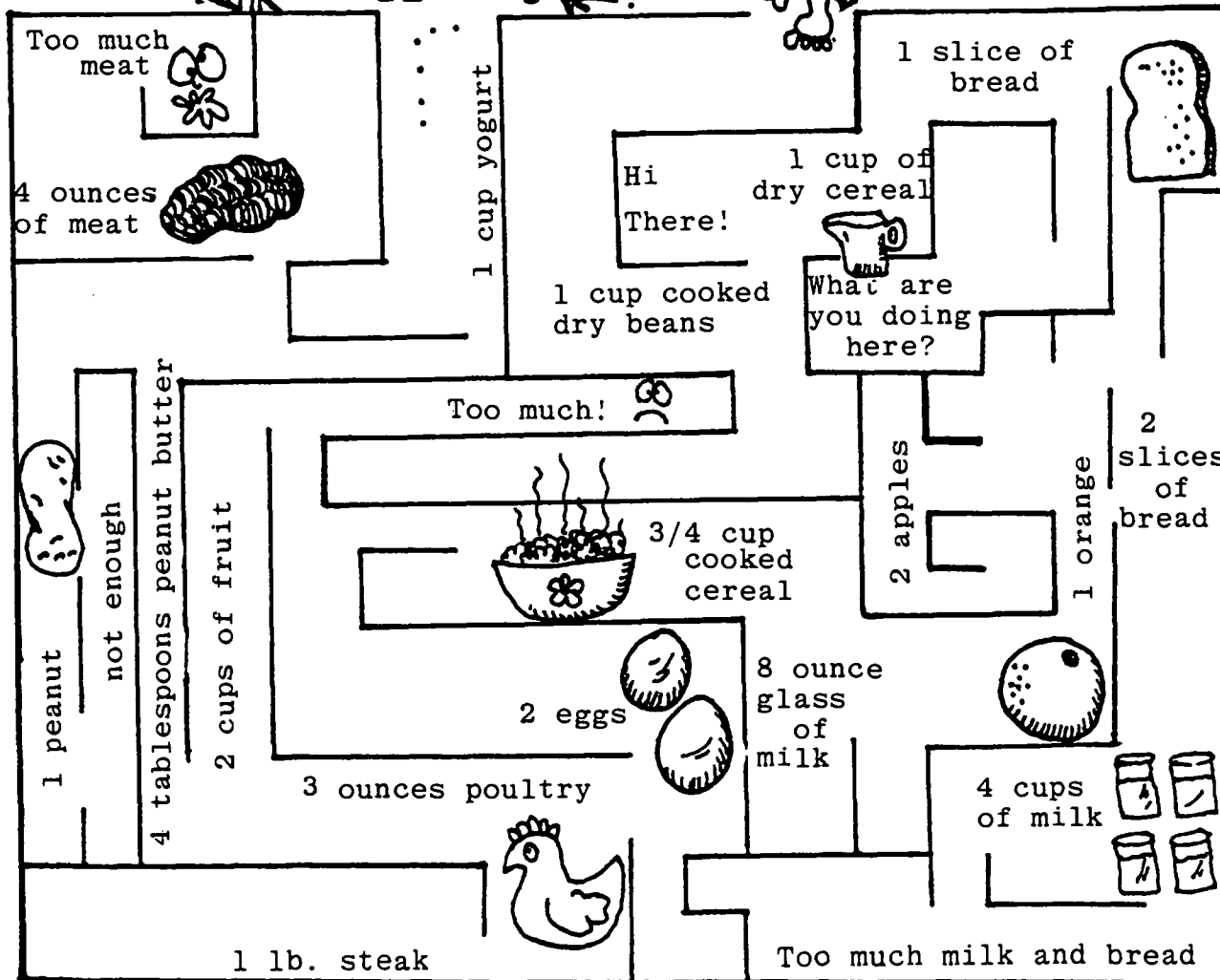
**SOLVE THE PUZZLE BY  
FINDING THE FOLLOWING  
WORDS...**



# FOOD MAZE



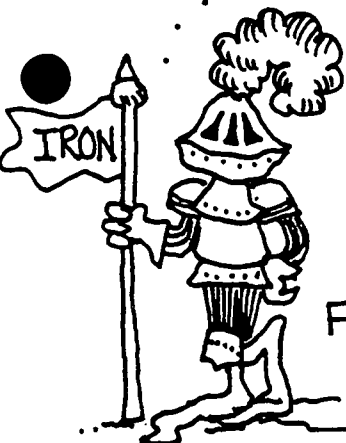
Find the correct serving sizes and follow them through the maze.



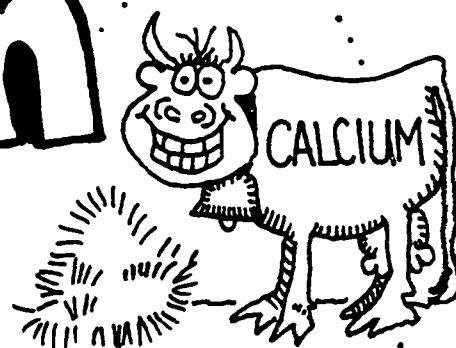
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# Mineral Search



Find these foods in the puzzle.



## High & Medium sources of Iron

Pork	Turkey
Walnut	Bagel
Peanut butter	Chicken
Lamb	Dried fruit
Egg	Seeds
Oysters	Potato
Shrimp	Nut
Red meats	

## High & medium sources of Calcium

Milk  
Cottage cheese  
Cheese  
Milk shake  
Yogurt  
Ice cream

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

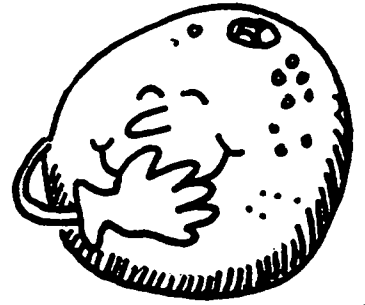
# Find the Snacks



OREGON STATE UNIVERSITY  
**EXTENSION  
SERVICE**

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# Funny Fruit and Vegetable Sentences



Finish the following sentences..

1. WELL, THAT \_ \_ \_ GURES!
2. YOUR TEAM \_ \_ \_ \_ OURS.
3. \_ \_ \_ \_ ENTS WANT THE BEST FOR US.
4. \_ \_ \_ \_ \_ \_ \_ BEGIN THE GAME.
5. IT'S \_ \_ \_ \_ NICE MEETING YOU.
6. OUR DOG WILL \_ \_ \_ \_ \_ HIS BONE.
7. I LIKE TO DRINK \_ \_ \_ \_ \_ ADE.
8. I SAT ON MY PACKAGE AND \_ \_ \_ \_ \_ \_ED IT.
9. MY LOST DOG HAD BETTER \_ \_ \_ \_ \_ \_ SOON.
10. CAN YOU SEE THE BREAD DOUGH \_ \_ \_ \_ \_ \_.
11. \_ \_ \_ \_ \_ \_ YOU GLAD YOU AREN'T EVIL EATER!



ANSWERS: 1. FIG 2. BEET 3. PEAR 4. LETTUCE 5. BEAN  
6. BERRY 7. LEMON 8. SQUASH 9. TURNIP 10. RAISIN  
11. ORANGE

# SNACK SEARCH



Draw  $\triangle$ 's around the two foods which have the most Sugar.

Draw  $\bigcirc$ 's around the two foods which have the most Fat.

Draw  $\square$ 's around the two foods which have the most Calcium.

Draw  $\star$ 's around the two foods which have the most Iron.

List all the snack foods that you had yesterday:

_____	_____
_____	_____
_____	_____

Identify the snacks that are high in Calcium, Iron, Sugar and Fat.

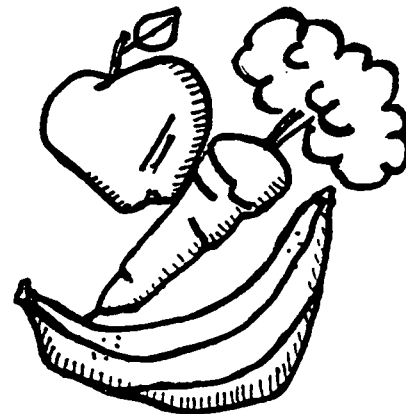
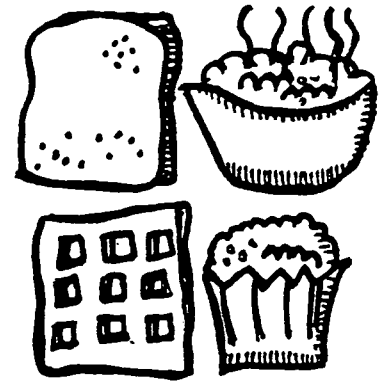
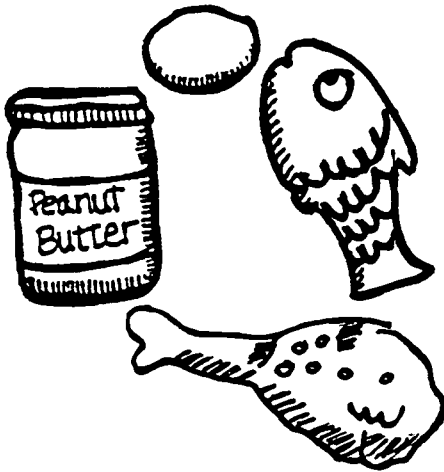


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Pre test \_\_\_\_\_ Name \_\_\_\_\_ Score \_\_\_\_\_

Post test \_\_\_\_\_ School \_\_\_\_\_

1. For each food group identify the name and the number of servings needed daily.



2. Choose five foods from the group of foods given below and make a nutritious lunch.

Soda pop  
Orange  
Chicken sandwich  
Apple  
Tuna sandwich  
Milk  
Peanut butter sandwich  
Cheese  
peach  
Meat loaf sandwich  
Carrots  
Tomato  
Orange juice

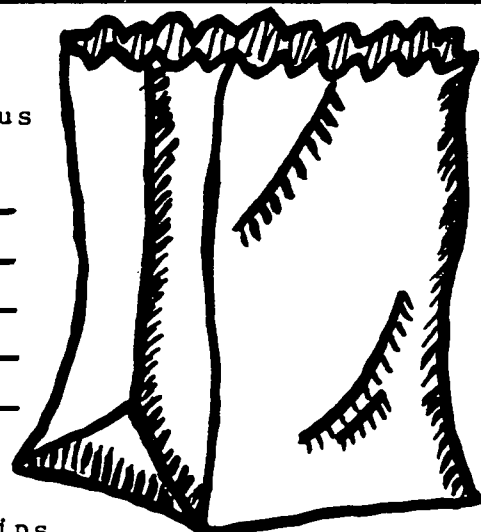
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

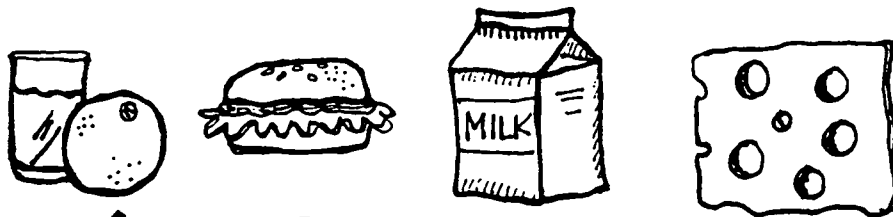
Graham crackers  
Potato chips



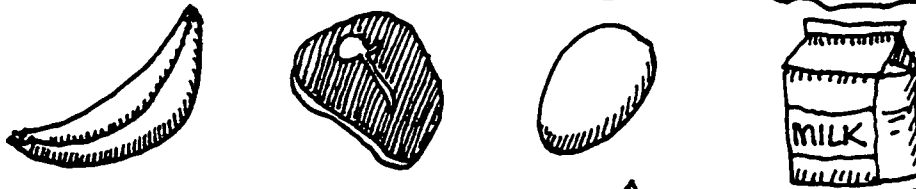
Twinkie  
Celery  
Banana  
Sugar cookies  
Cake

3. Circle two foods that are high sources of...

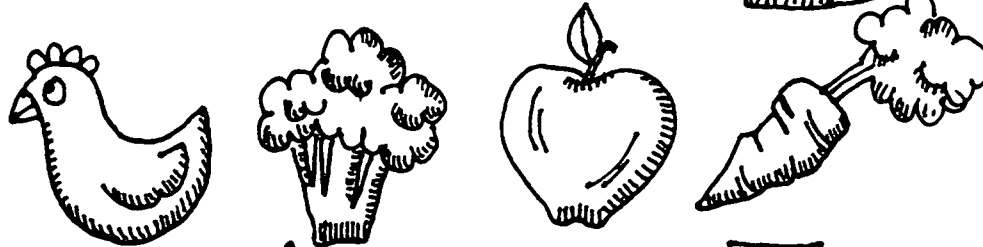
Calcium:



IRON:



Vitamin A:



Vitamin C:



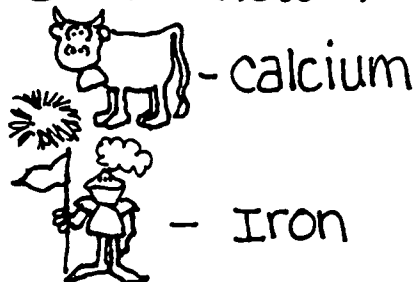
Sugar:



Fat:



4. Draw a line from each nutrient to the picture that shows how it helps your body.



- calcium

- Iron



- Vitamin A



- Vitamin C



- Helps body use energy from foods.



- Helps build strong bones and teeth.



- Helps heal cuts and scrapes.



- Helps you see in the dark.

Choose a lunch that includes medium or high sources of Calcium Iron, Vitamins A and C and a food from the Fruit and Vegetable, Bread and Cereal, Milk and Meat food groups. Choose only three foods.

# Lunch Menu

① Fruit Turnovers



② SALAD BAR  
with green vegetables & carrots



③ COOKIES



④ SODA Pop



⑤ MILK



⑥ Cheeseburger



⑦ French Fries



⑧ Hamburger



⑨ ChickenBURGER



⑩ MILKSHAKE



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Prepared by Bill Boldt, former staff chairman, Multnomah County, and Genene Boldt. Margaret Lewis, Extension nutrition specialist, Oregon State University, wrote the Nutrition Ideas section.

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