Evil Eater and the Energy Race

OREGON STATE UNIVERSITY EXTENSION SERVICE

4-H 9384
Reprinted July 1990
For each food group identify the name and the number of servings needed daily.

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

   Soda pop  Cheese
   Orange  Peach  Carrots
   Chicken sandwich  Meat loaf sandwich
   Apple  Tomato
   Tuna sandwich  Milk

   Peanut butter sandwich  Graham crackers
   Orange juice  Potato chips

   Sugar cookies  Cake

   Twinkie  Celery  Banana
3. Circle two foods that are high sources of...

Calcium:
- Glass of milk
- Orange
- Sandwich
- Cheese

Iron:
- Banana
- Burger
- Egg
- Milk

Vitamin A:
- Chicken
- Broccoli
- Apple
- Carrot

Vitamin C:
- Orange
- Watermelon
- Mushroom
- Milk

Sugar:
- Soda bottle
- Cheese
- Bread
- Butter

Fat:
- Orange
- Sandwich
- Ice cream
- Butter

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

- Calcium: Helps body use energy from foods.
- Iron: Helps build strong bones and teeth.
- Vitamin A: Helps heal cuts and scrapes.
- Vitamin C: Helps you see in the dark.
THE BIG FOUR

Breads and Cereals 4

Fruits and Vegetables +4

Milk and Dairy Products +3

Meat and Other Protein Foods +2

4+4+3+2 WILL =

THE VERY BEST POSSIBLE

YOU EACH DAY
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

<table>
<thead>
<tr>
<th></th>
<th>FRUIT &amp; VEGETABLE GROUP</th>
<th>BREAD &amp; CEREAL GROUP</th>
<th>MILK GROUP</th>
<th>MEAT GROUP</th>
<th>SWEET &amp; FAT GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>
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

caution

EXERCISE
(energy output)

Extension Service, Oregon St. University, O. E. Smith, director. Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Extension invites participation in its programs and offers them equally to all people.
Solve the puzzle by finding the following words...
Find the correct serving sizes and follow them through the maze.

START

Too much meat
4 ounces of meat
1 cup yogurt
1 slice of bread
Hi There!
1 cup of dry cereal
1 cup cooked dry beans
What are you doing here?
3/4 cup cooked cereal
2 eggs
8 ounce glass of milk
Too much milk and bread
1 lb. steak
2 cups of fruit
4 tablespoons peanut butter
2 cups of milk
4 cups of milk
2 slices of bread
2 apples
1 orange
Oregon State University Extension Service, Oregon State University, O. E. Smith, director. Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Extension invites participation in its programs and offers them equally to all people.
**Lesson 4**

**High & Medium sources of Iron**
- Pork
- Walnut
- Peanut butter
- Lamb
- Egg
- Oysters
- Shrimp
- Red meats
- Turkey
- Bagel
- Chicken
- Dried fruit
- Seeds
- Potato
- Nut

**High & medium sources of Calcium**
- Milk
- Cottage cheese
- Cheese
- Milk shake
- Yogurt
- Ice cream

---

**Word Search**

Find the following words in the puzzle:

- **Pork**
- **Turkey**
- **Bagel**
- **Chicken**
- **Cheese**
- **Milk**
- **Egg**
- **Dried fruit**
- **Seeds**
- **Potato**
- **Nut**
- **Milk shake**
- **Food**
- **Calcium**
Find the Snacks
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!
Draw △'s around the two foods which have the most Sugar.
Draw ○'s around the two foods which have the most Fat.

Draw □'s around the two foods which have the most Calcium.
Draw ★'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.
For each food group identify the name and the number of servings needed daily.

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

- Soda pop
- Cheese
- Orange
- Sandwich
- Tuna
- Milk
- Carrots
- Tomato
- Orange juice
- Peanut butter sandwich

Graham crackers
Potato chips
Sugar cookies
Cake

Twinkie
Celery
Banana
3. Circle two foods that are high sources of.

- **Calcium:**
  - Glass of milk
  - Sandwich
  - Cheese

- **Iron:**
  - Banana
  - Steak
  - Egg

- **Vitamin A:**
  - Chicken
  - Broccoli
  - Apple

- **Vitamin C:**
  - Orange
  - Watermelon
  - Carrot

- **Sugar:**
  - Pop
  - Cheese

- **Fat:**
  - Butter
  - Bread

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

- **Calcium:** Helps body use energy from foods.
- **Iron:** Helps build strong bones and teeth.
- **Vitamin A:** Helps heal cuts and scrapes.
- **Vitamin C:** 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**