



Let's get it to- geth — er All to- geth- er now,

Let's get it to- geth — er All to- geth- er now, End

1. Foods with pro- teins vi- ta- mins, Fats and min- er- als,
 2. Plan a meal that's good for you, One that tastes good too,
 3. Fla- vors mild plus one with punch, Col- ors dark and light,
D.C.

1. Car- bo- hy- drates, wa- ter from plants and an- i- mals.
 2. Think now of the Good Food Clue, 4, 4, 3, and 2.
 3. Feel that's soft plus one with crunch, Col- ors dull and bright.

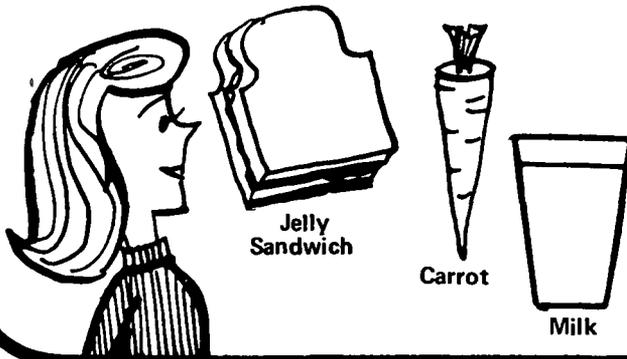
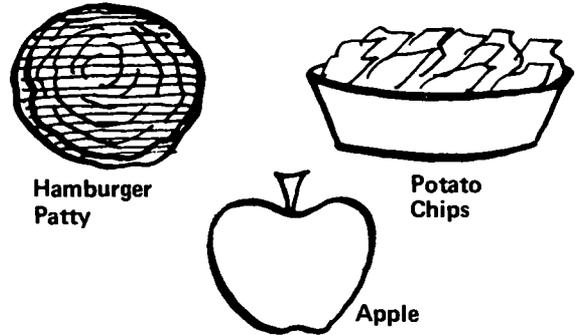
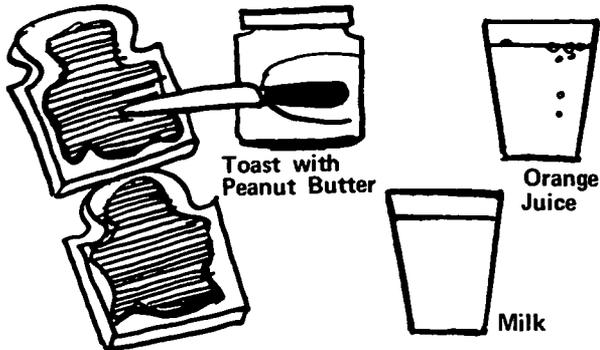
Repeat first two lines after each verse.



WHAT CAN YOU DO WITH THE GOOD FOOD CLUE?

4-4-3-2

You can use the Good Food Clue to help you decide what to eat. Pretend you ate these foods today.

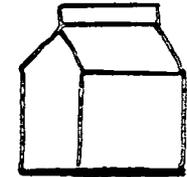


Write the numbers in the blanks below...

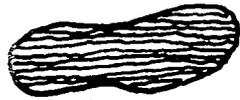
	Good Food Clue		How many servings did you have from each group?		How many more servings should you have today?
Fruit and Vegetable Group	_____	—	_____	=	_____
Bread and Cereal Group	_____	—	_____	=	_____
Milk Group	_____	—	_____	=	_____
Meat Group	_____	—	_____	=	_____

What else would you eat for a snack? _____

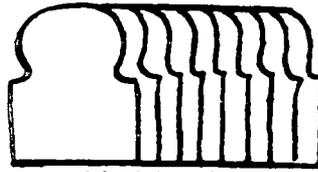
HIDE AND SEEK THE NUTRIENTS



milk



liver



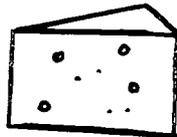
enriched bread



tomato



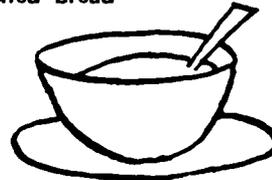
carrots



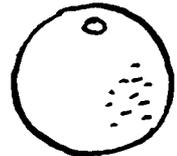
cheese



peanut butter



oatmeal



orange

Draw triangles  around two foods where vitamin C is hiding.

Draw circles  around two vitamin A foods.

Draw squares  around four foods hiding the most iron.

Draw stars  on the two foods hiding the most calcium.

ROUND UP THE NUTRIENTS

Draw a rope around each nutrient and tie it to the pen where it is needed.



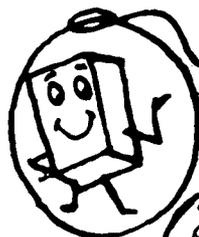
 <p>HELP BUILD STRONG BONES AND TEETH</p>
 <p>HELP SEE IN DIM LIGHT AND GROW</p>



Iron



Calcium



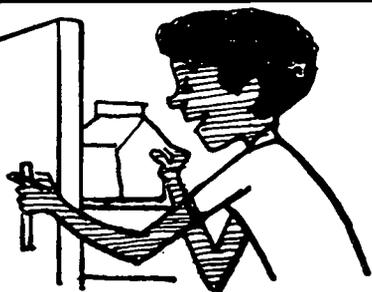
Vitamin C



Vitamin A

 <p>HELP HEAL CUTS AND KEEP GUMS HEALTHY</p>
 <p>HELP USE ENERGY AND CARRY OXYGEN IN BLOOD</p>

PUT AN X BY THE THINGS YOU CAN DO BETTER NOW.



Use the Food Guide to choose foods for meals and snacks.



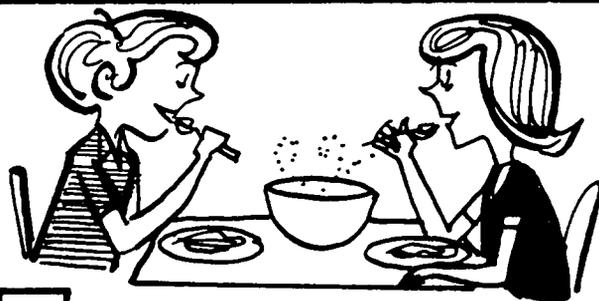
Have fun working with other members.



Tell why we need foods in each Food Group.



Help my family.



Cook and eat some foods in each Food Group.



Help my community.

To Do at Home

Plan and cook a meal for your family.

or

Use the Food Guide to check the food you eat in a day.

or

Thank someone who works for the community.

or

All three!