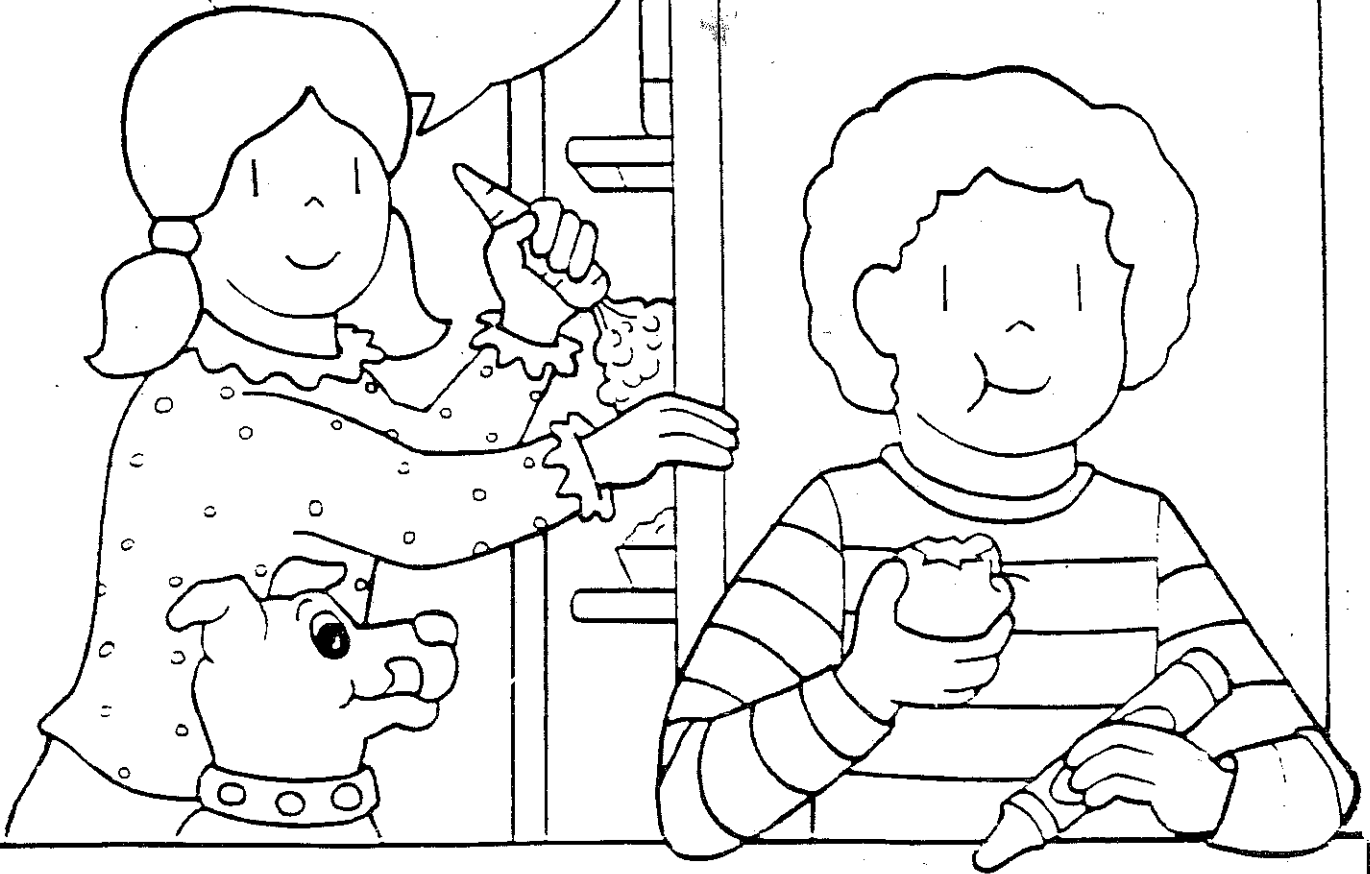


# ABOUT GOOD NUTRITION

How to  
eat right for  
good health!

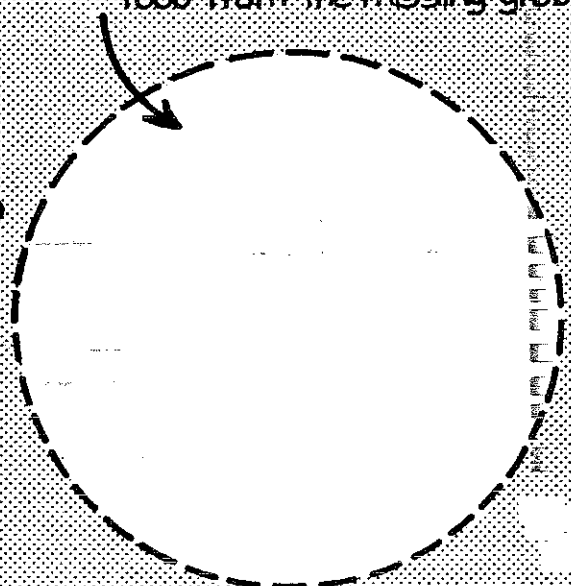
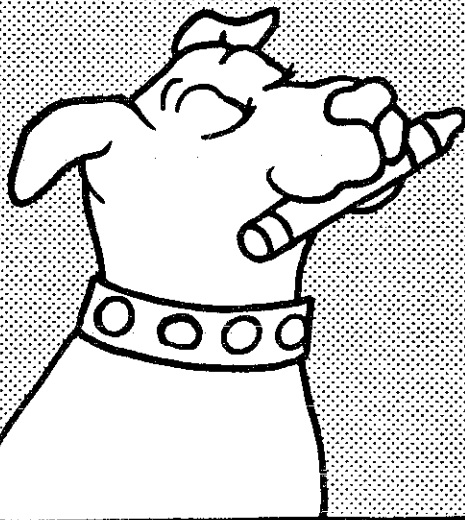


This book  
belongs to .....

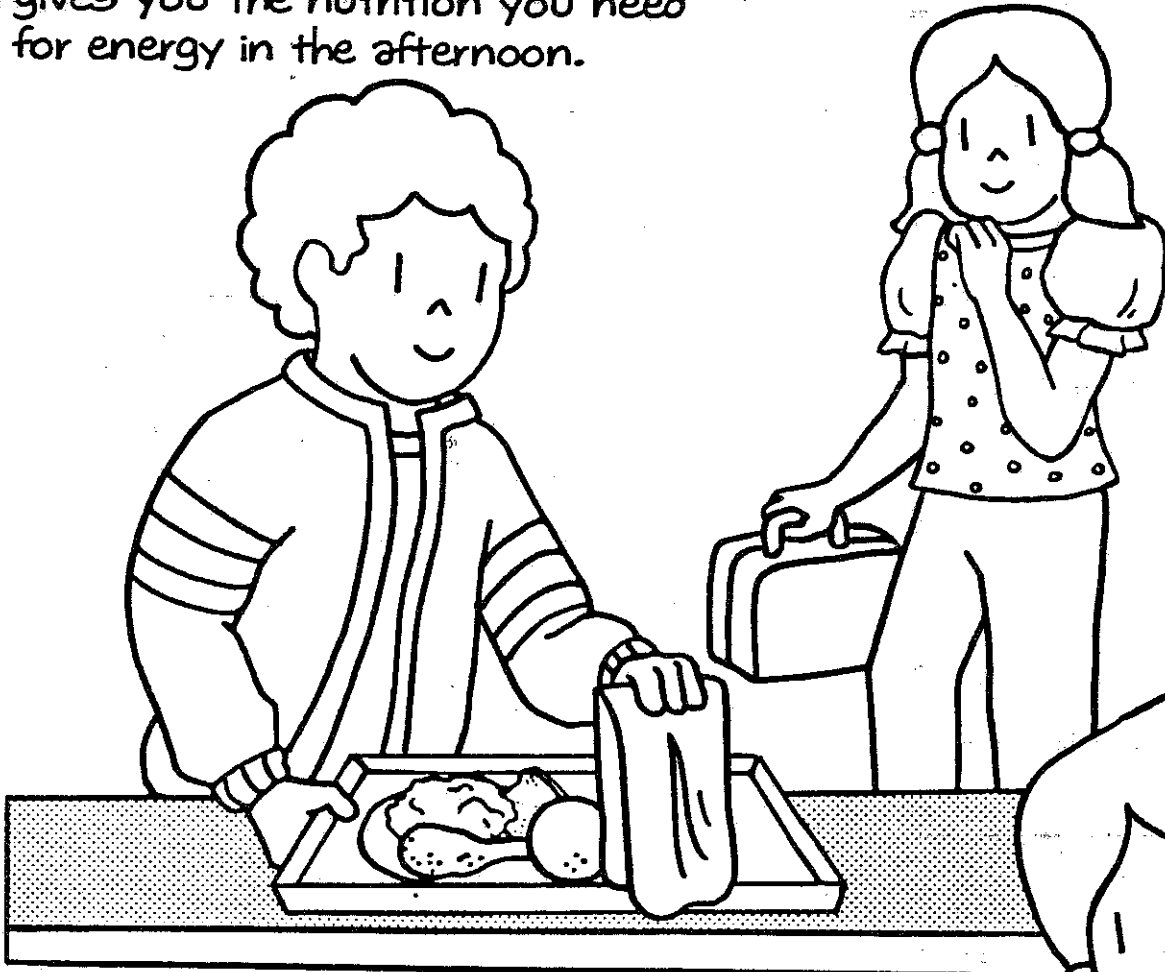
**BREAKFAST** is a very important meal. It gives you the energy you need to start your day off right. Never skip breakfast!



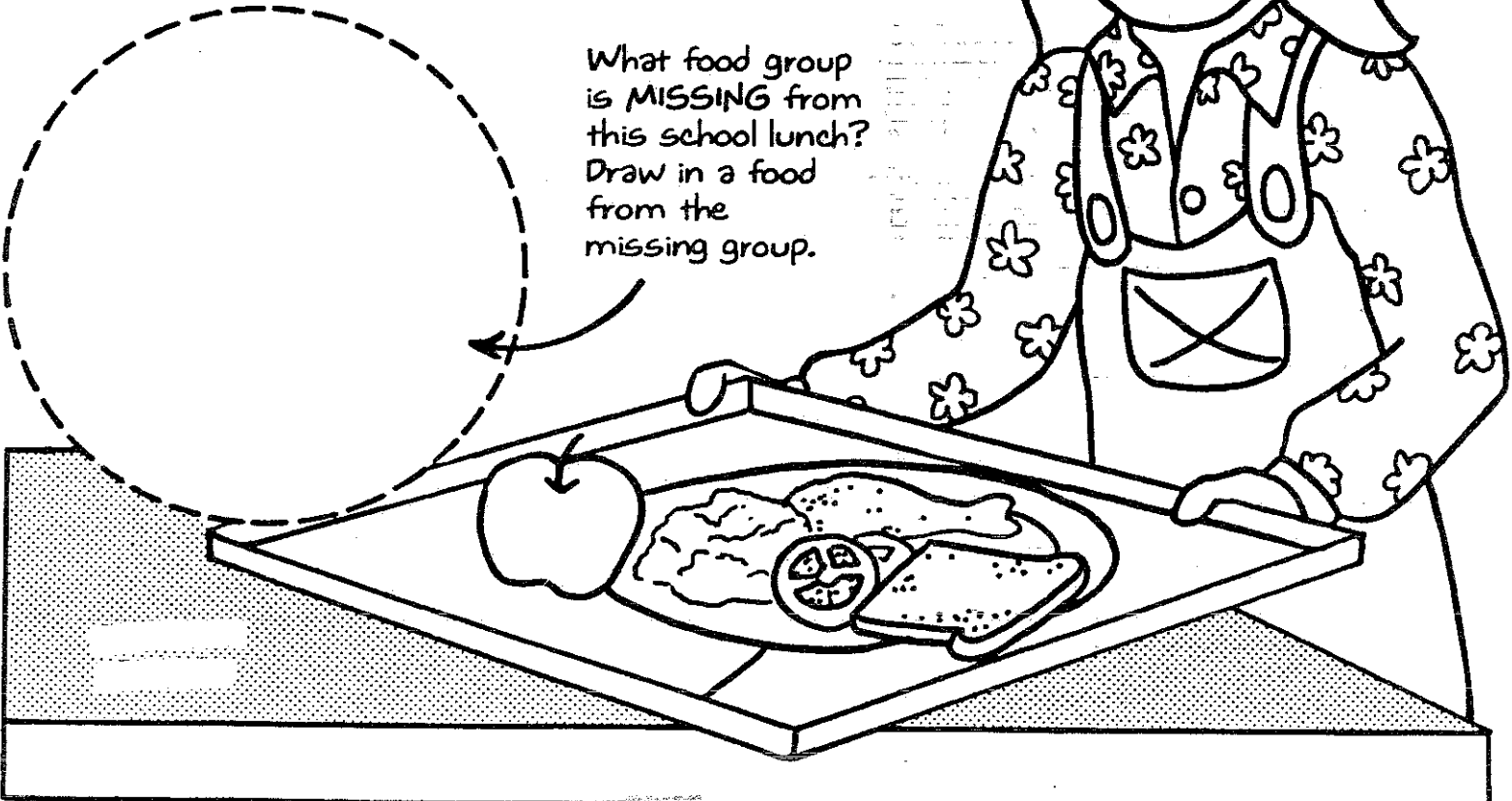
What food group is **MISSING** from this breakfast? Draw in a food from the missing group.



**LUNCH** is important, too. It gives you the nutrition you need for energy in the afternoon.



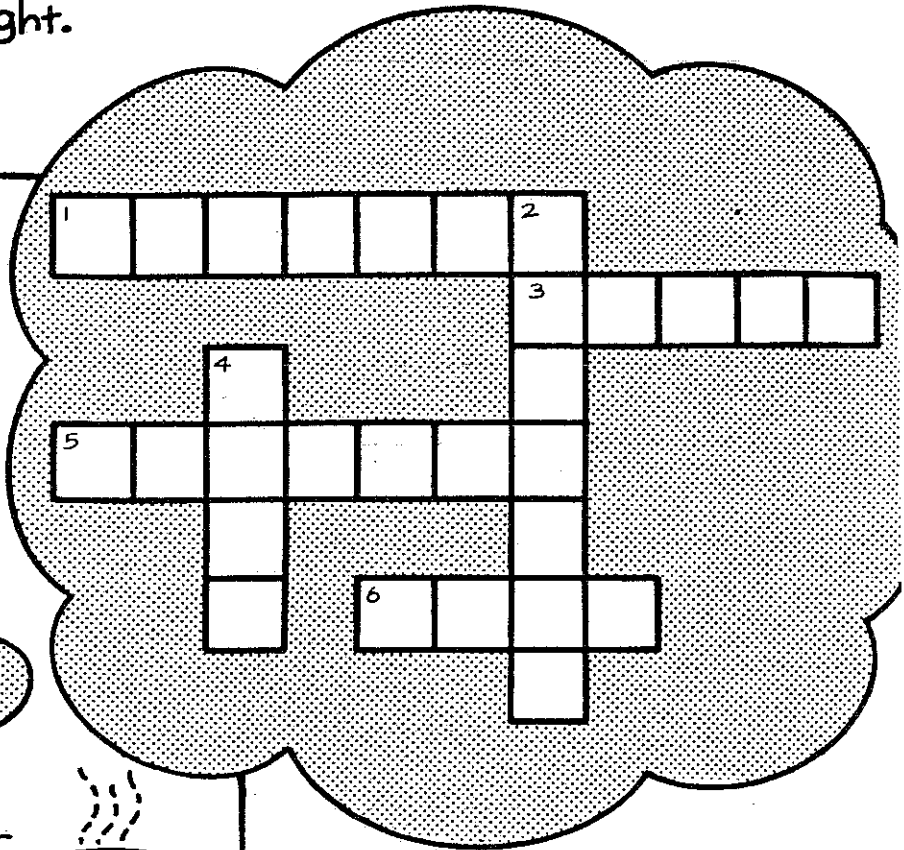
What food group is **MISSING** from this school lunch? Draw in a food from the missing group.



**SUPPER** is often the biggest meal of the day. Fill in the crossword puzzle to see what's for supper tonight.

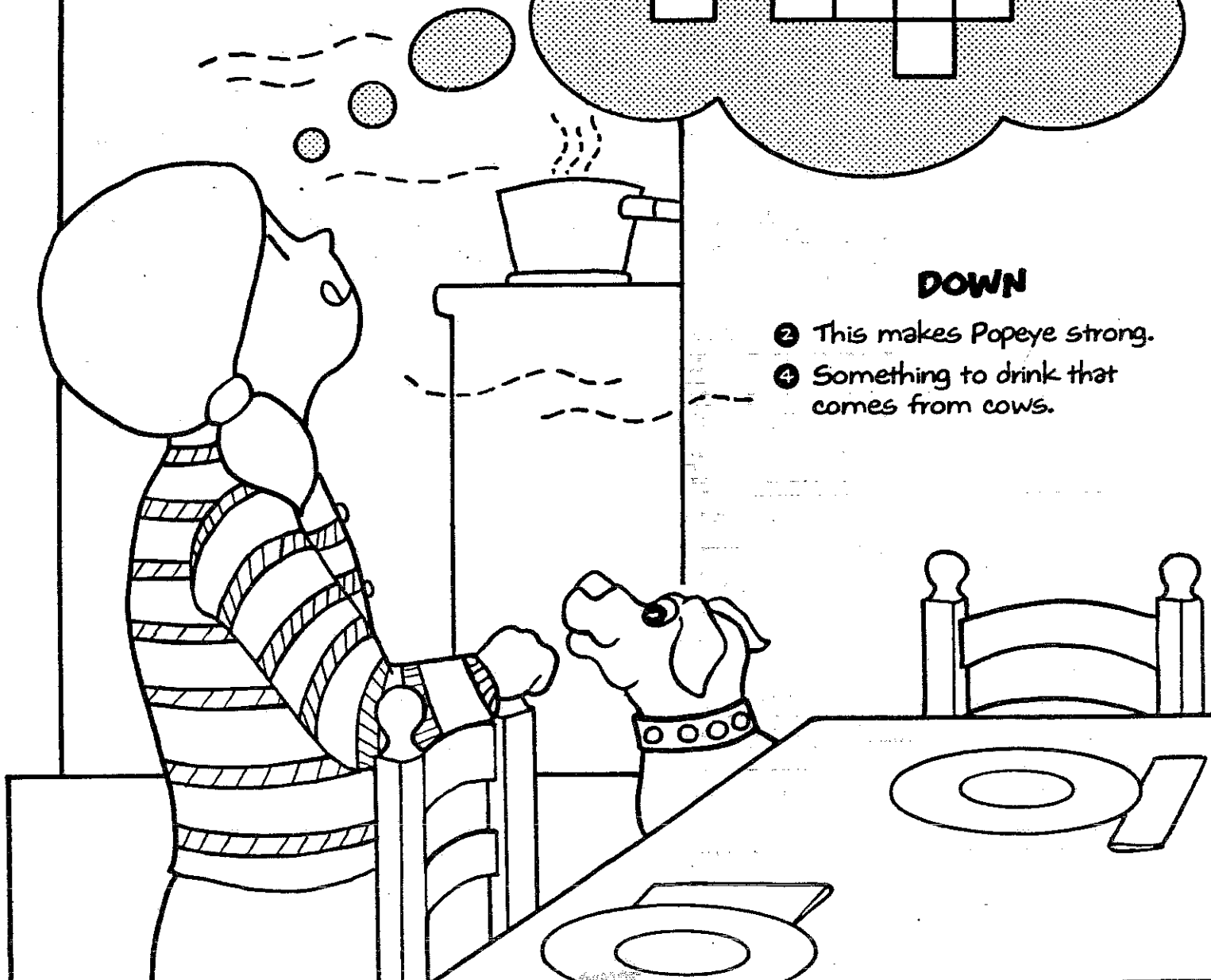
**ACROSS**

- 1 Bugs Bunny loves these.
- 3 This sweet fruit rhymes with "teach."
- 5 This animal gives us eggs, and tastes good, too.
- 6 A grain that sounds like "mice."



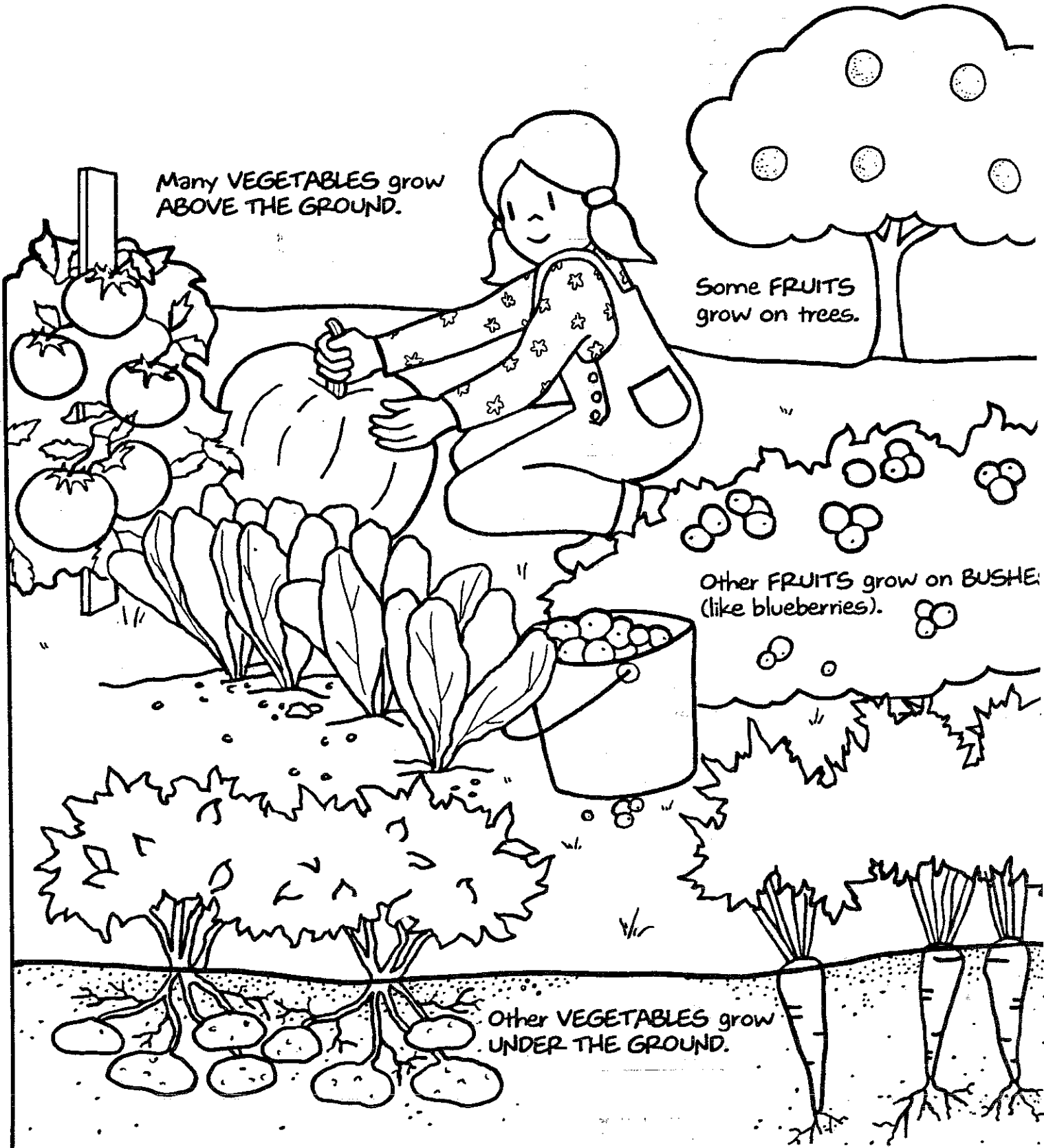
**DOWN**

- 2 This makes Popeye strong.
- 4 Something to drink that comes from cows.



# 1 FRUIT AND VEGETABLE GROUP

These foods are especially good for your eyes, skin and gums.



Eat **4 OR MORE SERVINGS** from the fruit and vegetable food group every day.

## 2 MEAT AND PROTEIN GROUP

These foods help you build muscles and grow strong.

Use the decoder to find some more members of this food group. (You may be surprised!)

ASGCYEB

AXE NYGBE



chicken

EYCG MDBW



hamburger

SUUB

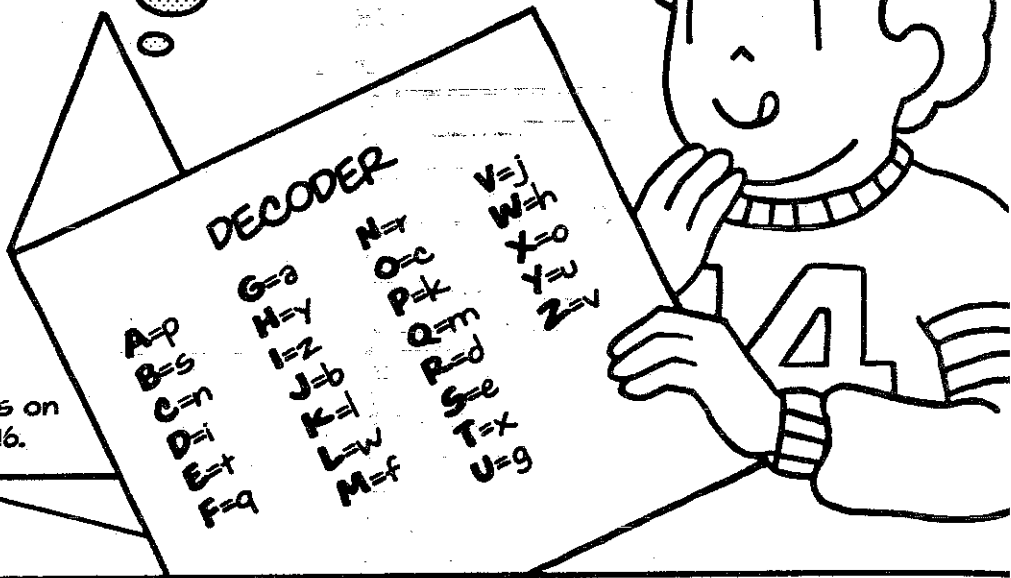
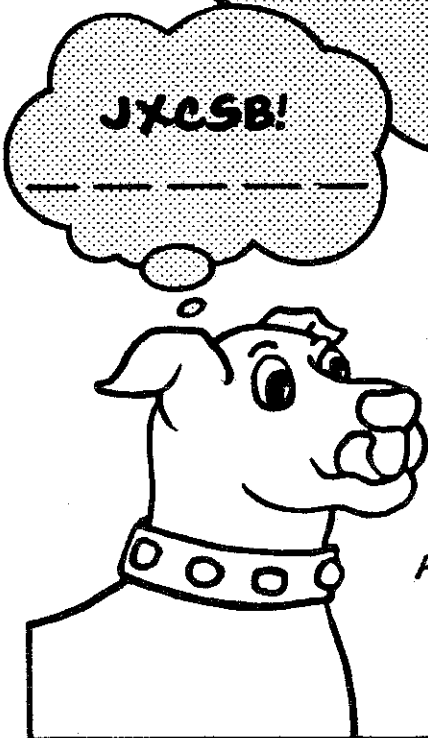


turkey

WGQ

KSCEDKB

JXCSB!



**DECODER**

A=p	G=a	N=r	V=j
B=s	H=y	O=c	W=h
C=n	I=z	P=x	X=o
D=i	J=b	Q=m	Y=u
E=t	K=l	R=d	Z=v
F=q	L=w	S=e	
	M=f	T=x	
		U=g	

Answers on page 16.

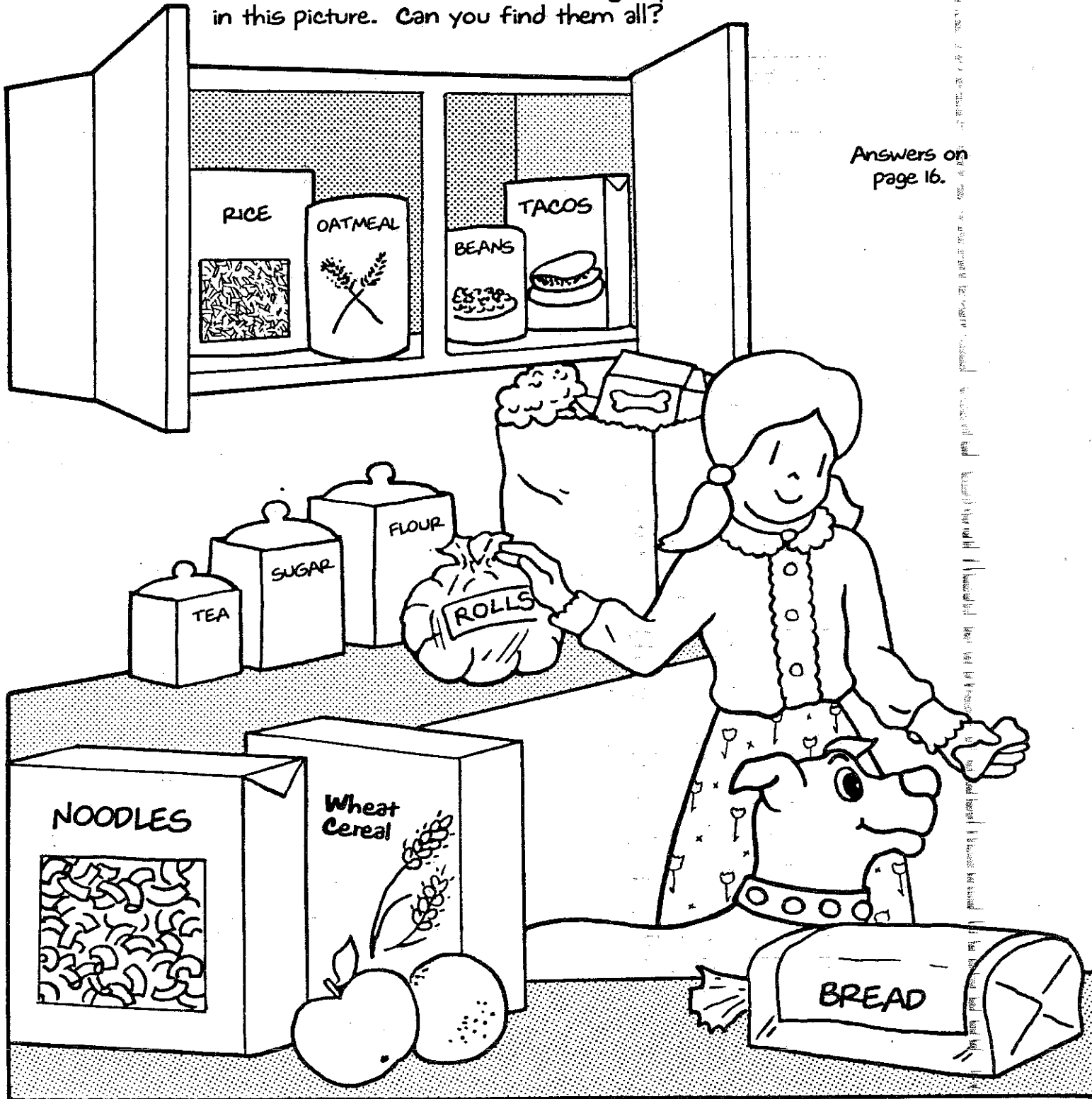
Eat **2 OR MORE SERVINGS** from the meat and protein food group every day.

### ③ BREAD AND CEREAL GROUP

These foods give you the energy you need to get-up-and-go! They come from grains like wheat, rice and oats.

There are 8 members of this food group in this picture. Can you find them all?

Answers on page 16.

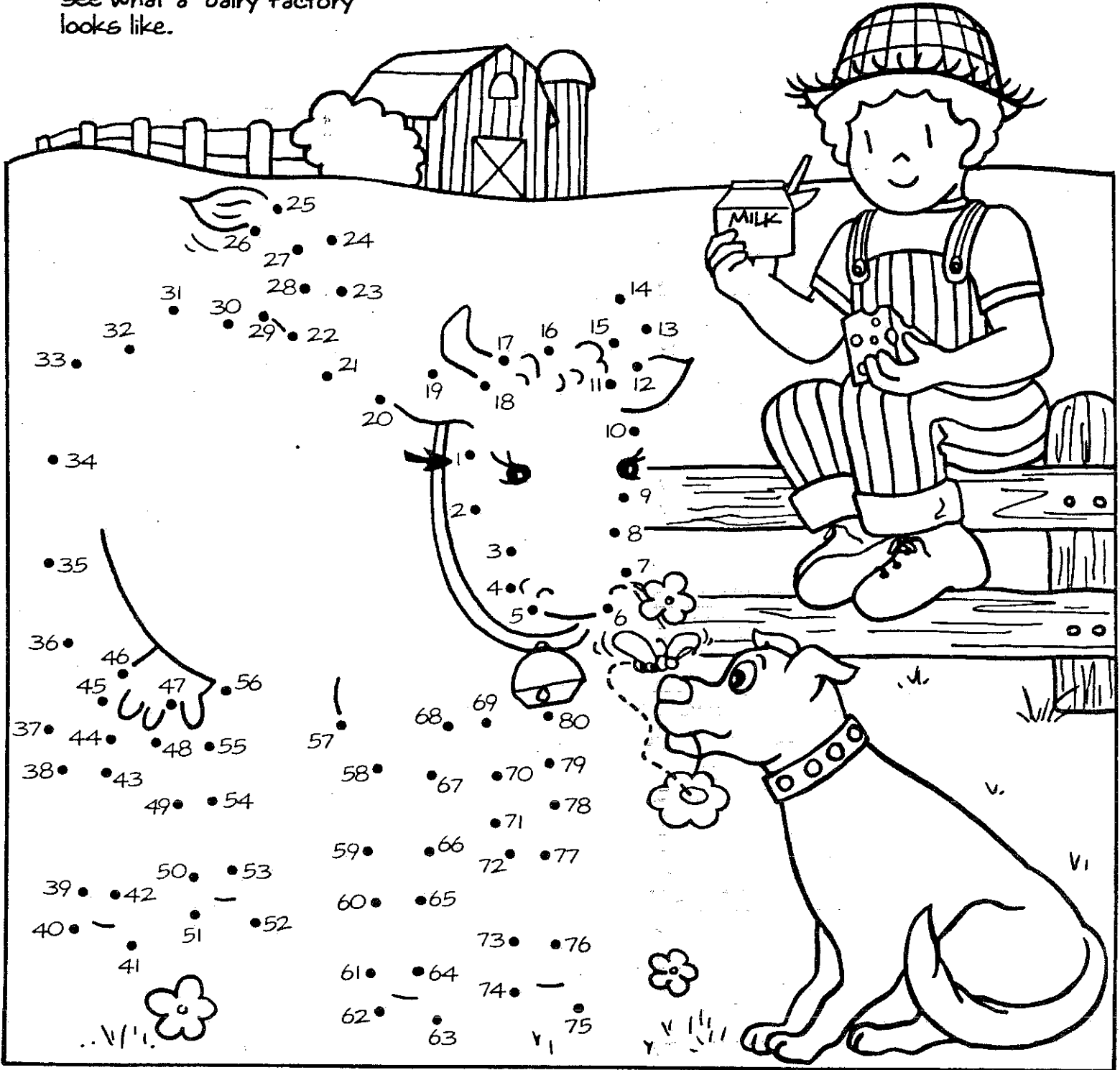


Eat **4 OR MORE SERVINGS** from the bread and cereal food group every day.

# 4 DAIRY GROUP

These foods are especially good for your bones and teeth. They include milk, cheese, yogurt and cottage cheese.

Connect the dots to see what a "dairy factory" looks like.

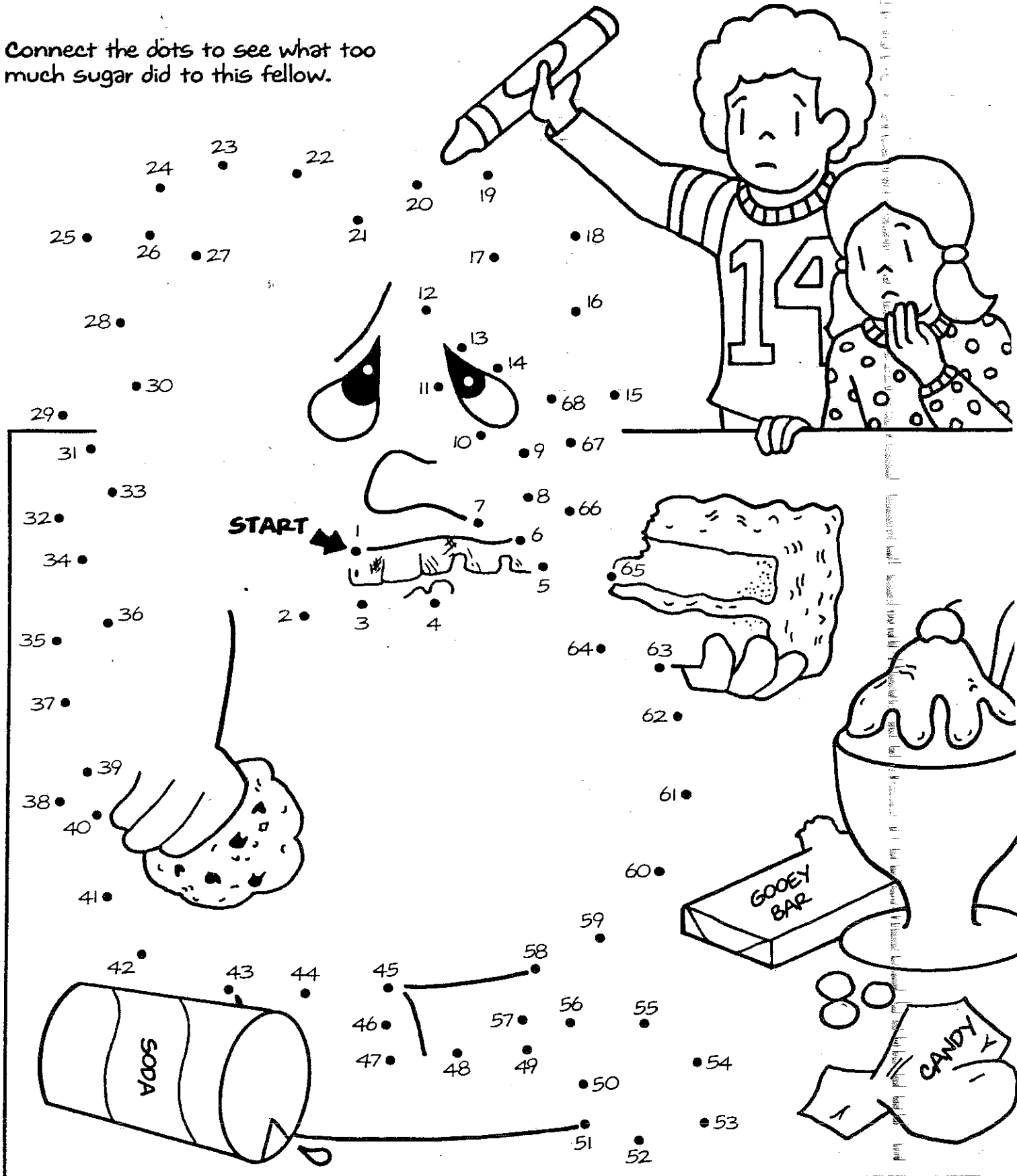


Eat **3 OR MORE SERVINGS** from the dairy food group every day.



**SUGAR** is a food to watch out for.  
 Too much can harm your teeth and may make you fat.

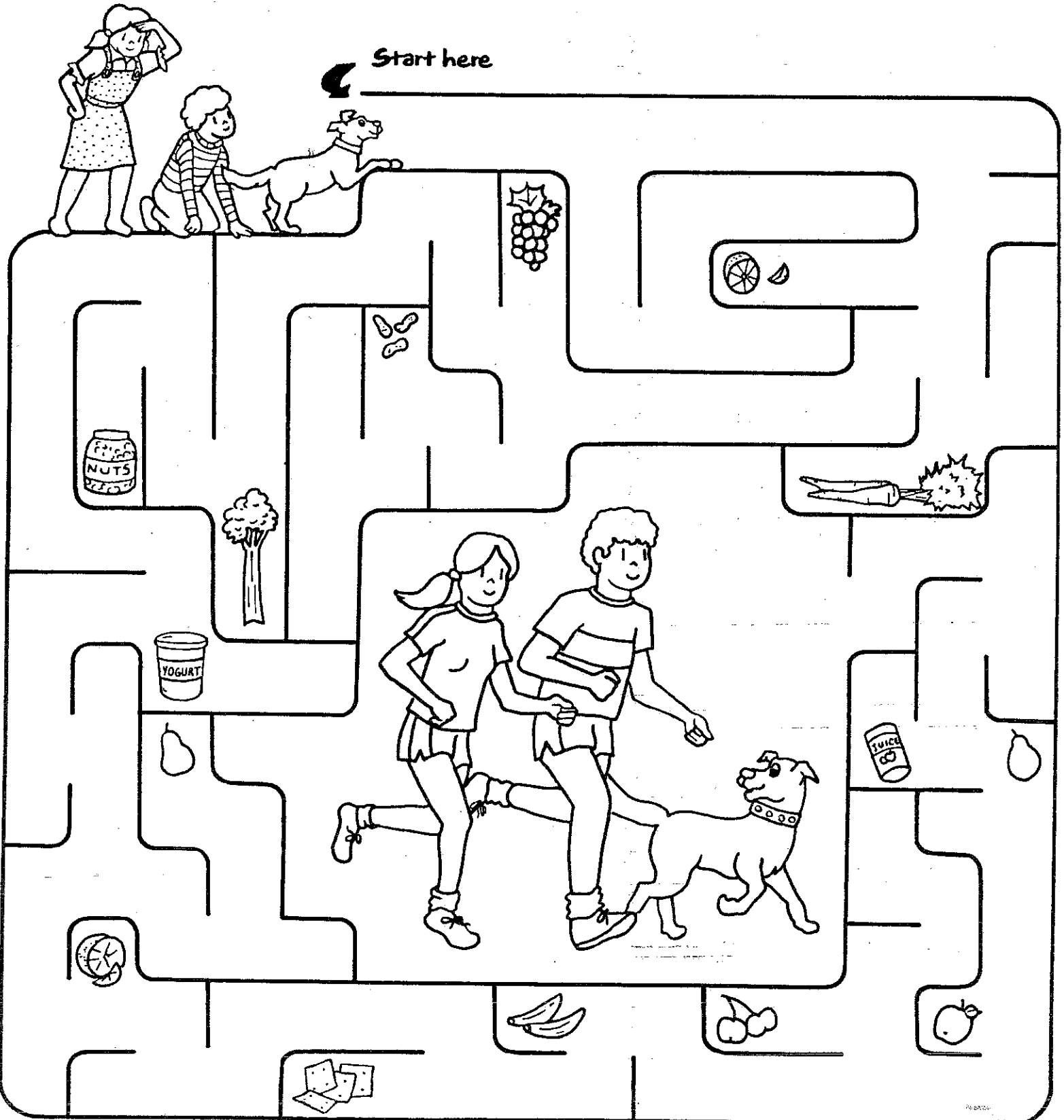
Connect the dots to see what too much sugar did to this fellow.



To protect your teeth, remember to brush and floss regularly.

Good nutrition also means **NOT OVEREATING.**  
Eating too much can make you overweight. That can  
cause health problems. Choose snacks wisely.

Notice all the healthy snacks as  
you find your way through this maze  
to good health through good nutrition.



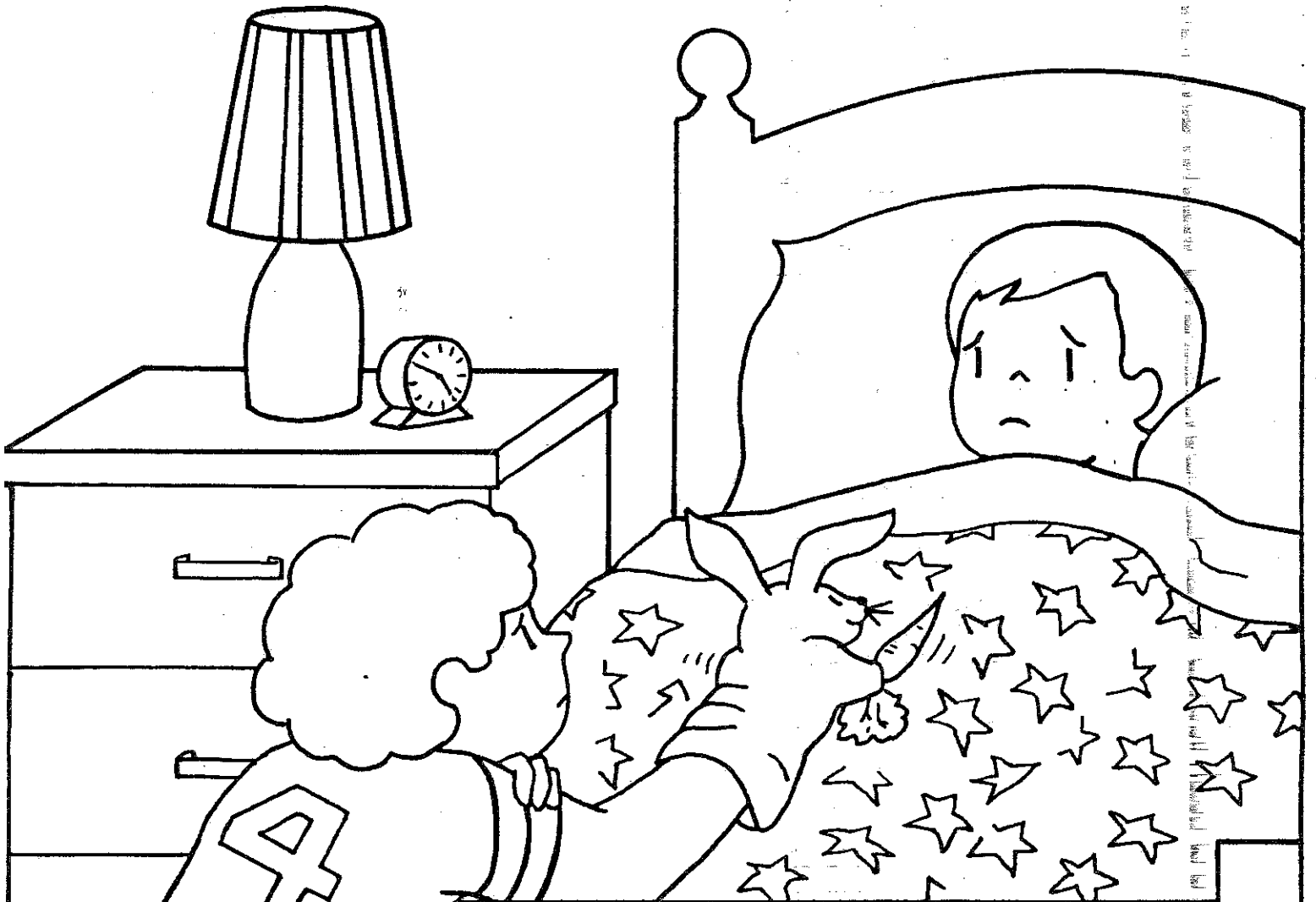
# GOOD NUTRITION

means eating foods that make your body

**STRONG AND HEALTHY.**



If you don't eat the foods your body needs  
**YOU MIGHT FEEL TIRED OR GET SICK.**



For good nutrition, you have to eat a  
**BALANCED DIET.**  
That means eating something from each of the  
**4 FOOD GROUPS**  
every day.

