

ACTIVITY #2

PLANNING A MENU

Everyone should eat a wide variety of foods to grow up strong and healthy. Here is a list to help you remember how many servings from each food group you should have in a day:

GRAIN (G)	VEGETABLE (V)	FRUIT (F)	DAIRY (D)	MEAT (M)
6 - 11 Servings	3 - 5 Servings	2 - 4 Servings	2 - 3 Servings	2 - 3 Servings

DIRECTIONS:

Plan a meal for your family. Make a list of foods to eat at each meal. Be sure to include foods from all five food groups. Then write the first letter of the food group's name next to the food.

	FOOD	FOOD GROUP
BREAKFAST	<i>Example: Milk</i>	<i>D</i>
	_____	_____
	_____	_____
	_____	_____
	_____	_____
LUNCH	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
SNACK	_____	_____
	_____	_____
DINNER	_____	_____
	_____	_____
	_____	_____
	_____	_____



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DIRECTIONS:

After you finish your menu, count how many times you selected a food from each food group.

How many foods from the grain group? _____

How many foods from the vegetable group? _____

How many foods from the fruit group? _____

How many foods from the dairy group? _____

How many foods from the meat group? _____

DIRECTIONS:

Make sure you included enough foods from each food group. Compare the number of food items from each food group in your menu to the recommended servings:

GRAIN (G)	VEGETABLE (V)	FRUIT (F)	DAIRY (D)	MEAT (M)
6 - 11 Servings	3 - 5 Servings	2 - 4 Servings	2 - 3 Servings	2 - 3 Servings

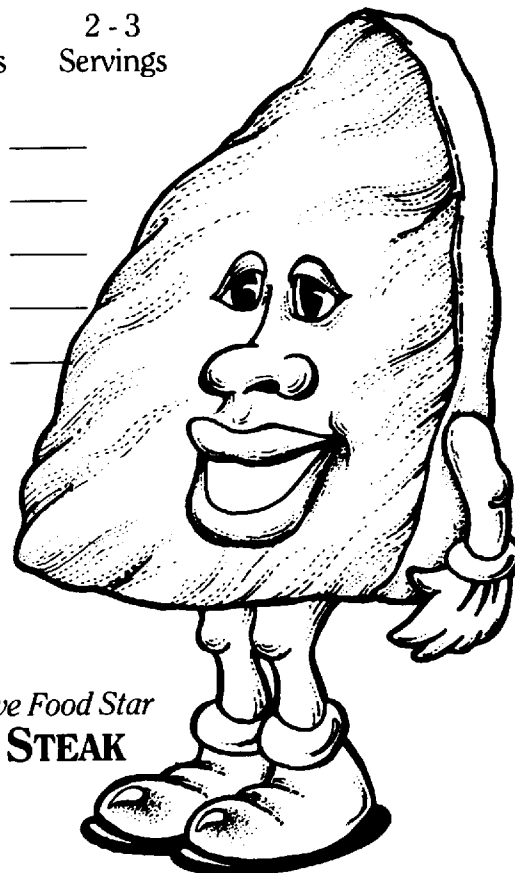
Did you include enough grain servings? YES _____ NO _____

Did you include enough vegetable servings? YES _____ NO _____

Did you include enough fruit servings? YES _____ NO _____

Did you include enough dairy servings? YES _____ NO _____

Did you include enough meat servings? YES _____ NO _____



Fantastic Five Food Star
CHUCK STEAK

DIRECTIONS:

If you didn't include enough servings from a food group, go back to your menu and add foods until you reach the proper number of servings. If you included too many, try to substitute another food group for the extra servings.

