

Healthy Eating. From the Ground Up.



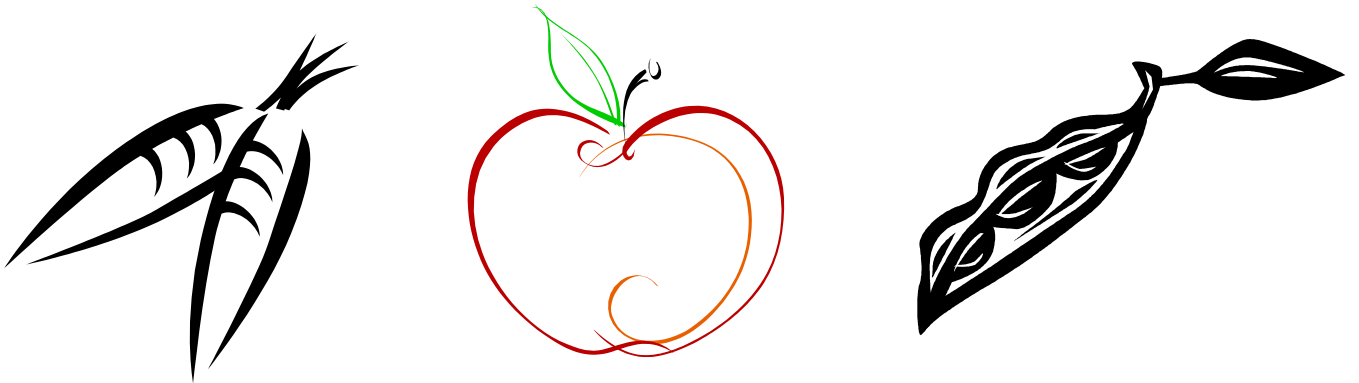
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What I learned today:

1. Examples of plant foods include:

2. Plant foods are healthy because:

3. My favorite plant food is:



Ready, Set, Go! Challenge

1. Write down a type of plant food you want to start eating more often.

Example: "I will eat vegetables."

2. Write down how often you will eat it.

Example: "Every day."

3. Write down how you will eat it.

Example: "With lunch and dinner."

1 + 2 + 3 = Challenge! *Example: "I will eat vegetables every day with lunch and dinner."*

My Challenge: _____

Plant-based foods quiz

Test your plant-food knowledge! Circle the best answer for each question.

1. What are the benefits of eating plant foods?
 - a. Weight control
 - b. Better heart health
 - c. Strong bones
 - d. Lots of nutrients that protect our body from disease
 - e. All of the above

2. What are plant foods?
 - a. fruits; vegetables; grains; nuts; legumes
 - b. Meats; fruit; vegetables; grains; pasta
 - c. Vegetables; legumes; bacon; grains
 - d. None of the above

3. How much of your plate should include fruits and vegetables?
 - a. $\frac{1}{2}$ plate
 - b. $\frac{1}{4}$ plate
 - c. Fruits and veggies should not be on the plate
 - d. The whole plate

ANSWERS:

1. e. All of the above; 2. a. Fruits; vegetables; grains; nuts; and legumes; 3. a. $\frac{1}{2}$ plate

Fruit and Veggie Word Scramble

Unscramble the following words:

- | | | |
|------------------|---------------------|-------|
| Spinach | 1. luerrbbeeis | _____ |
| Sweet potato | 2. mowteeraln | _____ |
| Watermelon | 3. tenuttbur hassqu | _____ |
| Butternut squash | 4. twese otopat | _____ |
| Blueberries | 5. pinscha | _____ |



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Visit the Kids Eat Right website at: www.kidseatright.org for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!

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