



Word List

Balanced Diet
Dairy
Food Groups

Fruits
Grains
Nutrition

Protein
Vegetable
Vitamins

myplate

Definitions

Balanced Diet A diet made up of a healthy amount of foods from each food group

Dairy (dEHree) *noun* Low fat or fat free foods made from milk. Butter, yogurt, cheese

Food Groups Part of the MyPlate idea to include dairy, protein, grains, fruits and vegetables

Fruits (frootz) *verb* you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like

Grains (graynz) *verb* Any foods made from wheat, rice, oats, barley

Nutrition (nootrihshuhn) *noun* Vitamins and goodness in foods which the body needs to be healthy

Protein (prohteen) *noun*

1. one of the substances necessary for growth and repair of cells. Good sources of ____ are meats, cheese, and nuts.
2. One of the substances necessary for growth and repair of cells. Good sources come from are meats, cheese, and nuts

Vegetable (vEHjtuhbuhl) *noun, adjective* Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.

Vitamins (viituhmuhn) *noun* nutrients needed in small quantity to keep your body healthy

myplate Used as a guide to the five food groups and how much of each food group we need to eat each day to be healthy

Name

PRE Assessment



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Date

Word List

Balanced Diet

Fruits

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Matching

Match each definition with a word.

1. A diet made up of a healthy amount of foods from each food group

Balanced Diet

2. a. one of the substances necessary for growth and repair of cells. Good sources of ____ are meats, cheese, and nuts.

b. One of the substances necessary for growth and repair of cells. Good sources come from are meats, cheese, and nuts

3. Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.

4. Low fat or fat free foods made from milk. Butter, yogurt, cheese

5. Vitamins and goodness in foods which the body needs to be healthy

6. Any foods made from wheat, rice, oats, barley

7. Part of the MyPlate idea to include dairy, protein, grains, fruits and vegetables

8. Used as a guide to the five food groups and how much of each food group we need to eat each day to be healthy

9. nutrients needed in small quantity to keep your body healthy

10. you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like

Answer Key 0780812

- 1 Balanced Diet
- 2 Protein
- 3 Vegetable
- 4 Dairy
- 5 Nutrition
- 6 Grains
- 7 Food Groups
- 8 myplate
- 9 Vitamins
- 10 Fruits

Name

Post Assessment



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Date

(Answer ID # 0777652)

Select the definition that most nearly defines the given word.

1. Nutrition

- ☐ (A) you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like
- ☐ (B) Any foods made from wheat, rice, oats, barley
- ☐ (C) Vitamins and goodness in foods which the body needs to be healthy

2. Balanced Diet

- ☐ (A) A diet made up of a healthy amount of foods from each food group
- ☐ (B) you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like
- ☐ (C) Vitamins and goodness in foods which the body needs to be healthy

3. Vitamins

- ☐ (A) Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.
- ☐ (B) nutrients needed in small quantity to keep your body healthy
- ☐ (C) Used as a guide to the five food groups and how much of each food group we need to eat each day to be healthy

4. Dairy

- ☐ (A) Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.
- ☐ (B) Part of the MyPlate idea to include dairy, protein, grains, fruits and vegetables
- ☐ (C) Low fat or fat free foods made from milk. Butter, yogurt, cheese

5. Fruits

- ☐ (A) Part of the MyPlate idea to include dairy, protein, grains, fruits and vegetables
- ☐ (B) One of the substances necessary for growth and repair of cells. Good sources come from are meats, cheese, and nuts
- ☐ (C) you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like

6. Food Groups

- ☐ (A) Part of the MyPlate idea to include dairy, protein, grains, fruits and vegetables
- ☐ (B) One of the substances necessary for growth and repair of cells. Good sources come from are meats, cheese, and nuts
- ☐ (C) Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.

7. Protein

- ☐ (A) you need 1.5 cups of this everyday, Can be oranges, apples, grapes, or any other kinds you like
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8. myplate

- ☐ (A) nutrients needed in small quantity to keep your body healthy
- ☐ (B) Used as a guide to the five food groups and how much of each food group we need to eat each day to be healthy
- ☐ (C) Any foods made from wheat, rice, oats, barley

9. Vegetable

- ☐ (A) Any of various plants that people eat, such as cauliflower, potatoes, spinach, and carrots.
- ☐ (B) Used as a guide to the five food groups and how much of each food group we need to eat each day to be healthy
- ☐ (C) nutrients needed in small quantity to keep your body healthy

10. Grains

- ☐ (A) Any foods made from wheat, rice, oats, barley
- ☐ (B) one of the substances necessary for growth and repair of cells. Good sources of ____ are meats, cheese, and nuts.
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Answer Key 0777652

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9. Vegetable

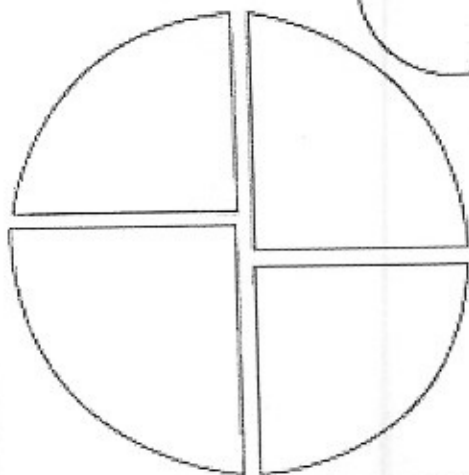
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10. Grains

- ☒ (A) Any foods made from wheat, rice, oats, barley
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- ☐ (C) A diet made up of a healthy amount of foods from each food group

Let's Learn About MyPlate

Label each section of MyPlate and draw and color in your favorite foods for each food group.



Match the foods to their food group.

- | | |
|----------------|----------------|
| a. Apples | ___ Grains |
| b. Broccoli | ___ Vegetables |
| c. Lettuce | ___ Protein |
| d. Eggs | ___ Grains |
| e. Cheese | ___ Vegetables |
| f. Black beans | ___ Protein |
| g. Chicken | ___ Dairy |
| h. Brown rice | ___ Grains |
| i. Wheat bread | ___ Fruit |
| j. Oatmeal | ___ Vegetables |
| k. Yogurt | ___ Protein |
| l. Grapes | ___ Fruit |
| m. Banana | ___ Vegetables |
| n. Potatoes | ___ Dairy |
| o. Squash | ___ Fruit |
| p. Skim milk | ___ Dairy |



How much of your plate should be fruits and vegetables? Color your answer.

How many of your grains should be whole grains each day?

- one
- none
- half

Circle each protein food:

- Poultry/chicken
- Cheese
- Fish/seafood
- Turkey
- Peanut butter
- Beef
- Beans
- Eggs
- Tuna
- French fries
- Mac and cheese
- Spaghetti

Circle each whole grain food:

- Cookies
- Donuts
- Whole wheat pasta
- Macaroni
- Brown rice
- Oatmeal
- Whole grain cereal
- Whole wheat bread
- Bagels

True or false?

Dairy foods like skim or lowfat milk and yogurt help build strong bones.

Lesson : Nutrition MyPlate Homework

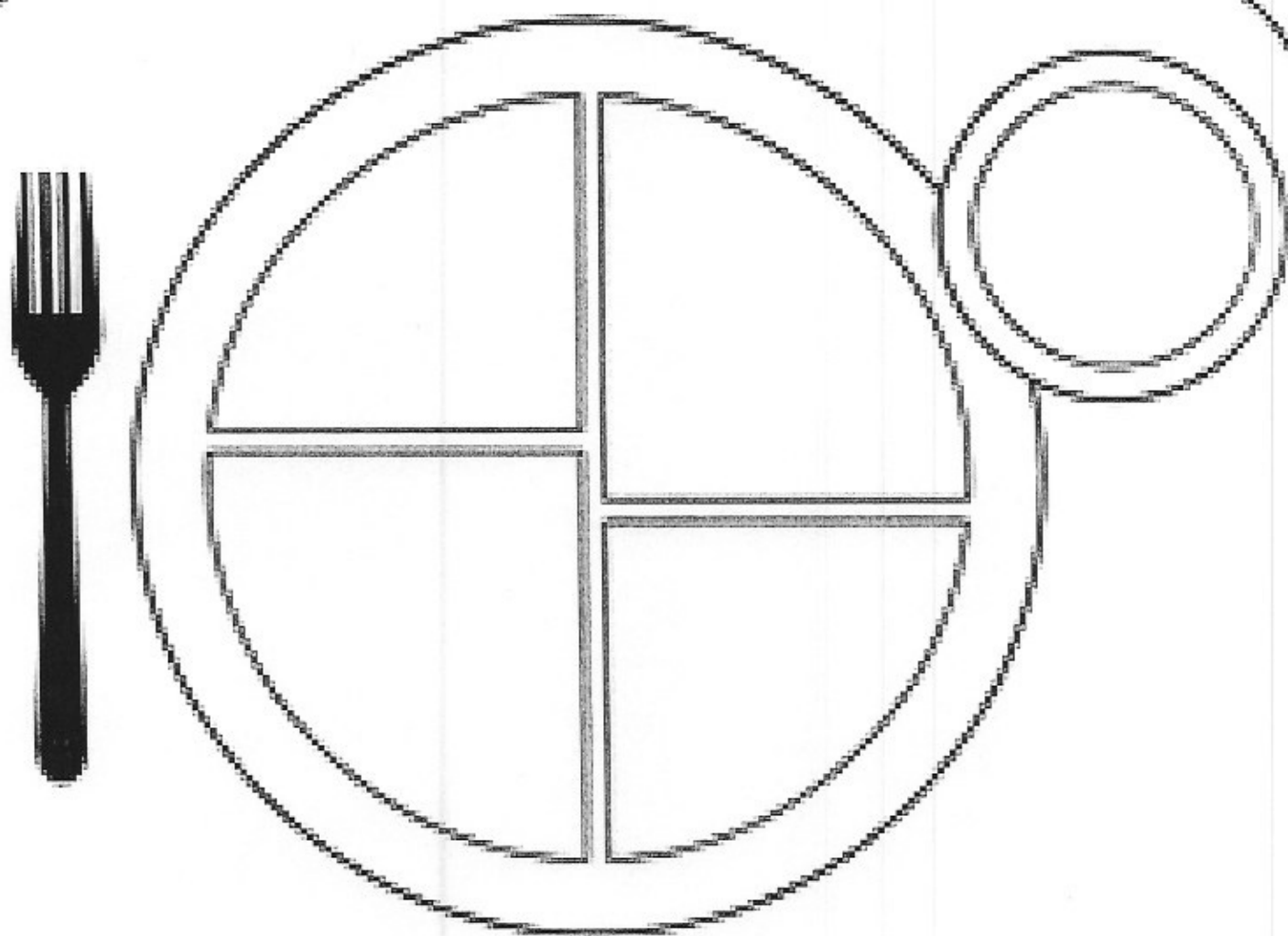
Using a paper plate, section it into the food groups using the picture above. Or you may cut this diagram out and glue onto your plate.

Grab a red, orange, green, blue & purple crayon and color the sections with crayons the same as the plate above or cut out colored paper sections and glue them onto the plate.

Label the sections on the plate

Don't forget to add the important "Dairy" serving! Cut foods from a magazine and sort them into the correct food group on your plate!

If you use the blank plate, cut out a fruit, vegetable, grain, protein & dairy from a magazine and glue them into the sections.



Choose **MyPlate**.gov