



Choosing Power Foods from the MyPlate for Kids Food Groups—ANSWER KEY

Why are the messages important? Each food group provides different nutrients that our bodies need, and so, by enjoying all food groups (within personal tolerances/allergies), our bodies grow strong and stay healthy. Stress to the students to eat from all colors every day by enjoying foods from all the food groups.

Food Group	Key Message	Meaning
Grains	Make half your grains whole	Choose whole grains each day
Vegetables	Vary your veggies	Choose a variety of different vegetables each day—eat all colors
Fruits	Focus on fruits	Choose fresh, canned or frozen rather than juice; choose 100% juice
Milk	Get your calcium-rich foods	Calcium builds strong bones
Meat and Beans	Go lean with protein	Eat lean meat, baked over fried; nuts, seeds, peas, and beans are great too
Examples of Power foods from each food group	Why is this a Power Food?	Examples of foods to combine to make a healthy snack
1. Grains: whole wheat bread/ tortilla/crackers, bran cereal or oatmeal	They are examples of whole grain sources	Cheese, apple, milk
2. Vegetables: broccoli, carrots, cauliflower, squash	They represent different colors of vegetables	Trail mix, whole wheat crackers, cheddar cheese
3. Fruits: orange, apple, blueberries, banana, kiwi	They are examples of whole, canned or frozen fruits and represent different colors	Cottage cheese, peanut butter, cereal
4. Milk: yogurt, fat-free or 1% milk, string cheese	They are examples of calcium-rich foods	Peaches, muffin, sugar snap peas
5. Meat and Beans: peanuts, black beans, turkey, eggs, beef	They are examples of lean meats and beans	Banana, tortilla, lettuce

The www.MyPlate.gov Web site has a wealth of information for the students to explore foods in each group. Have the students go to the Inside the MyPlate link for a listing of all foods and the recommended serving size for each.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Third Grade—Be A MyPlate Kid