

Name:

Date:

Feed ME Nutrition Lessons

Lesson 1: Whole vs. Processed Foods

1. What is a *whole food*? Give one example of a *whole food*.

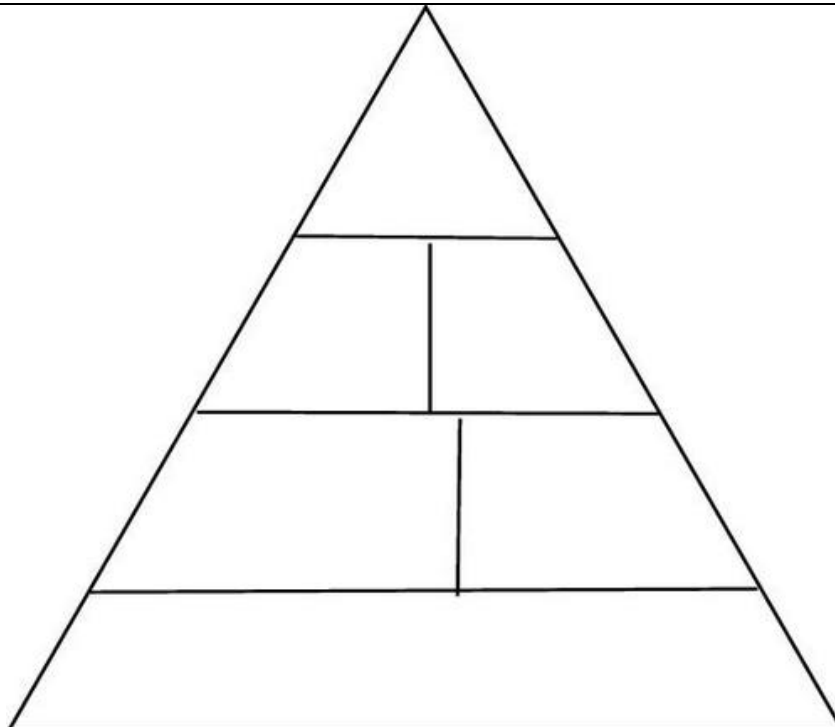
2. What is a *processed food*? Give one example of a *processed food*.

3. Why is it important to eat *whole foods*?

Lesson 2: The Food Pyramid

1. Use the word bank to fill in the groups on the food pyramid:

grains	protein	dairy	fruit	vegetables
fats, oils, and sweets				



2. Which food group do we need the most servings from every day?

3. Name as many of the six nutrients as you can.

4. Why is it important to eat foods from different food groups?

Lesson 3: "5-a-Day"

1. How many servings of fruits and vegetables should you eat every day?

2. Fill in the blanks: Fruits and vegetables are an important source of _____ and _____.

3. Name a fruit that gives you vitamin C.

Lesson 4: Nutrition Labels

1. What is a serving size?
2. How can you find how many servings are in a package of food?
3. You should try to avoid foods that have more than _____ percent calories from fat.
4. If a food has a *percent daily value* of more than twenty percent, is it low or high in that nutrient?