Making healthy food choices can help you:

- Stay well
- Learn
- Play hard
- Grow strong

Choose foods from each of the five MyPlate food groups to get the nutrition you need.

Don’t forget to wash your hands before eating!
Matching Game
Draw a line connecting each nutrient to how it helps your body. Check your answers at the bottom of the page.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Wound Healing</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>Poop Regularly</td>
</tr>
<tr>
<td>Fiber</td>
<td>Muscle Builder</td>
</tr>
<tr>
<td>Iron</td>
<td>Heart Health</td>
</tr>
<tr>
<td>Omega-3 Fatty Acid</td>
<td>Healthy Blood</td>
</tr>
<tr>
<td>Potassium</td>
<td>Infection Fighter</td>
</tr>
<tr>
<td>Protein</td>
<td>Brain Energy</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Bone Strengthener</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Blood Pressure Regulator</td>
</tr>
</tbody>
</table>

Answer Key: Calcium → Bone Strengthener, Carbohydrate → Brain Energy, Fiber → Blood Pressure Regulator, Iron → Healthy Blood, Omega-3 Fatty Acid → Infection Fighter, Protein → Muscle Builder, Vitamin A → Wound Healing, Vitamin C → Bone Strengthener, Vitamin D → Heart Health, Carbohydrate → Brain Energy, Protein → Muscle Builder, Fat → Brain Energy
# School Meal Bingo

Mark a square each time you try a food at school lunch or breakfast. If you have an allergy or do not eat one of these foods for religious reasons, write in a different food for that square.

<table>
<thead>
<tr>
<th>Milk or Soy Milk</th>
<th>Tortilla</th>
<th>Egg</th>
<th>Pear</th>
<th>Sweet Potato</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Tomato</td>
<td>Apple</td>
<td>Sunflower Seed / Soy Nut Butter</td>
<td>Bread</td>
</tr>
<tr>
<td>Fish</td>
<td>Jicama or Celery</td>
<td>Cheese</td>
<td>Orange</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Beans</td>
<td>Peaches</td>
<td>Carrot</td>
<td>White Potato</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Noodles</td>
<td>Hamburger or Veggie Burger</td>
<td>Yogurt</td>
<td>Salad</td>
<td>Corn</td>
</tr>
</tbody>
</table>

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**Did you know?**

Beef Shepard’s Pie was the United States Department of Agriculture’s most downloaded school meal recipe in School Year 2020–2021. What’s your favorite?
Word Search
Words may be horizontal, vertical, or diagonal.

Lunch
Breakfast
Snack
Eaten
Yummy
Smoothie
Sandwich
Burrito
Full
Strong
Together
Friends

Z P B U R R I T O Q I S D H P M G
S X C B W G D Y U M M Y X S Q F F
A Q S T R O N G Z N B Z C N P R K
N R A Y E C Z L E H T D A Q I C
D W C K Q D A P C W A G V C F E S
W O X R C X B K S Q G T Z K Z N V
I P V M G N P Q F M K Y E A S D M
C Q L U N C H G U A W V B N O S P
H A X U V G Q T Z O S O Q I X T F
R P S M O O T H I E V T P F U L L
D W X B P Z G T Z W S D K Z T G W
B F W I F T O G E T H E R C V X K