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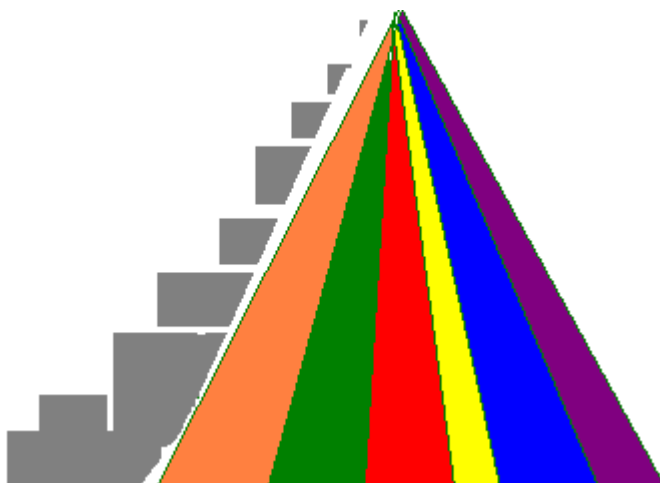
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Choosing Healthy Foods

Eating healthy foods is one of the most important things we have to do in order to keep our bodies healthy. Our body needs food to make the energy we use to play, talk, walk, almost everything we do! If we feed our bodies the wrong foods we risk making our bodies unhealthy. There are many foods, so how can we tell which foods are good for our bodies?

The Food Guide Pyramid can help us to understand how to eat healthy. The colors represent the five food groups plus fats and oils. The colors stand for:

- Orange — grains
- Green — vegetables
- Red — fruits
- Yellow — fats and oils
- Blue — milk and dairy products
- Purple — meat, beans, fish, and nuts



The food guide pyramid tells us to:

Eat different foods.

Eat different foods from every color on the pyramid

Eat less of some foods, and more of others. The bands for meat (purple) and oils (yellow) are skinnier than the others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy foods.

To stay active!

The pyramid does not look like stairs by accident it reminds us to keep active, run, climb, play to keep our bodies fit.

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Choosing Healthy Foods (Cont'd)

So how do we know how much we should eat?

Everyone wants to know how much they should eat to stay healthy. But different bodies need different amounts of food. And people who work or play more (are more active) will need more food than people who are not active. Except for eating right we must always make sure we move our bodies (exercise) So Play a lot!

SO WHAT ABOUT CANNED FOOD?

A good way to tell healthy foods is when food is fresh. Fresh vegetables, fruit, meats and fish are healthier than canned foods. But lots of food comes in boxes cans and wrappers. We can still tell if they are healthy by looking on the back of the package. There we will find the "Nutrition facts".

The Nutrition Facts tell us what is in the package and how healthy it is. There are numbers on the back that tell us how much fat, salt, sugar etc are inside the food. Even for some adults it can be difficult to make out some times, but we can look out for some words that tell us if the food is healthier than others.

Low Fat, Low Sodium, Organic, No preservatives, 0 Trans fat, Vitamins

These are all words that we can check for on the package of our food.

So next time you go shopping with your parents, you can have them take a look at those words.

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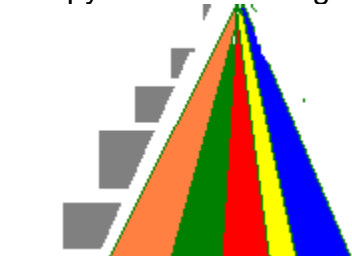
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Choosing Healthy Foods Questions

1. What does the color orange in the food pyramid stand for?	<ul style="list-style-type: none">● grains● vegetables● fats and oils● meat, beans, fish, and nuts
2. What does the color red in the food pyramid stand for?	<ul style="list-style-type: none">● milk and dairy products● meat, beans, fish, and nuts● vegetables● fruits
3. What does the color yellow in the food pyramid stand for?	<ul style="list-style-type: none">● milk and dairy products● vegetables● fats and oils● meat, beans, fish, and nuts
4. What does the color blue in the food pyramid stand for?	<ul style="list-style-type: none">● grains● fats and oils● milk and dairy products● meat, beans, fish, and nuts
5. What does the color purple in the food pyramid stand for?	<ul style="list-style-type: none">● fruits● fats and oils● milk and dairy products● meat, beans, fish, and nuts
6. What does the color green in the food pyramid stand for?	<ul style="list-style-type: none">● meat, beans, fish, and nuts● grains● vegetables● fruits
7. What are some words to look for on packaged food?	<ul style="list-style-type: none">● Low Fat● Low Sodium● 0 Trans fat● Vitamins● All of the above

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8. The food Pyramid reminds us to	<ul style="list-style-type: none">● Eat different foods.● Eat less of some foods, and more of others.● Stay active!● All of the above
	<ul style="list-style-type: none">●
9. What part of packaged foods helps us tell if the food is healthy?	<ul style="list-style-type: none">● Food guide Pyramid● Nutrition guide● The brand● None of the above
10. Which group of this Food guide pyramid is missing? 	<ul style="list-style-type: none">● milk and dairy products● meat, beans, fish, and nuts● grains● fruits

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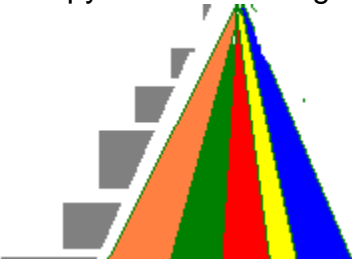
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Choosing Healthy Foods Answers

1. What does the color orange in the food pyramid stand for?	<ul style="list-style-type: none">a. grainsb. vegetablesc. fats and oilsd. meat, beans, fish, and nuts
2. What does the color red in the food pyramid stand for?	<ul style="list-style-type: none">a. milk and dairy productsb. meat, beans, fish, and nutsc. vegetablesd. fruits
3. What does the color yellow in the food pyramid stand for?	<ul style="list-style-type: none">a. milk and dairy productsb. vegetablesc. fats and oilsd. meat, beans, fish, and nuts
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7. What are some words to look for on packaged food	Low Fat <ul style="list-style-type: none">a. Low Sodiumb. 0 Trans fatc. Vitaminsd. All of the above

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<p>8. The food Pyramid reminds us to</p>	<p>a. Eat different foods. b. Eat less of some foods, and more of others. c. Stay active! d. All of the above</p>
<p>9. What part of packaged foods helps us tell if the food is healthy?</p>	<p>a. Food guide Pyramid b. Nutrition guide c. The brand d. None of the above</p>
<p>10. Which group of this Food guide pyramid is missing?</p> 	<p>a. milk and dairy products b. meat, beans, fish, and nuts c. grains d. fruits</p>