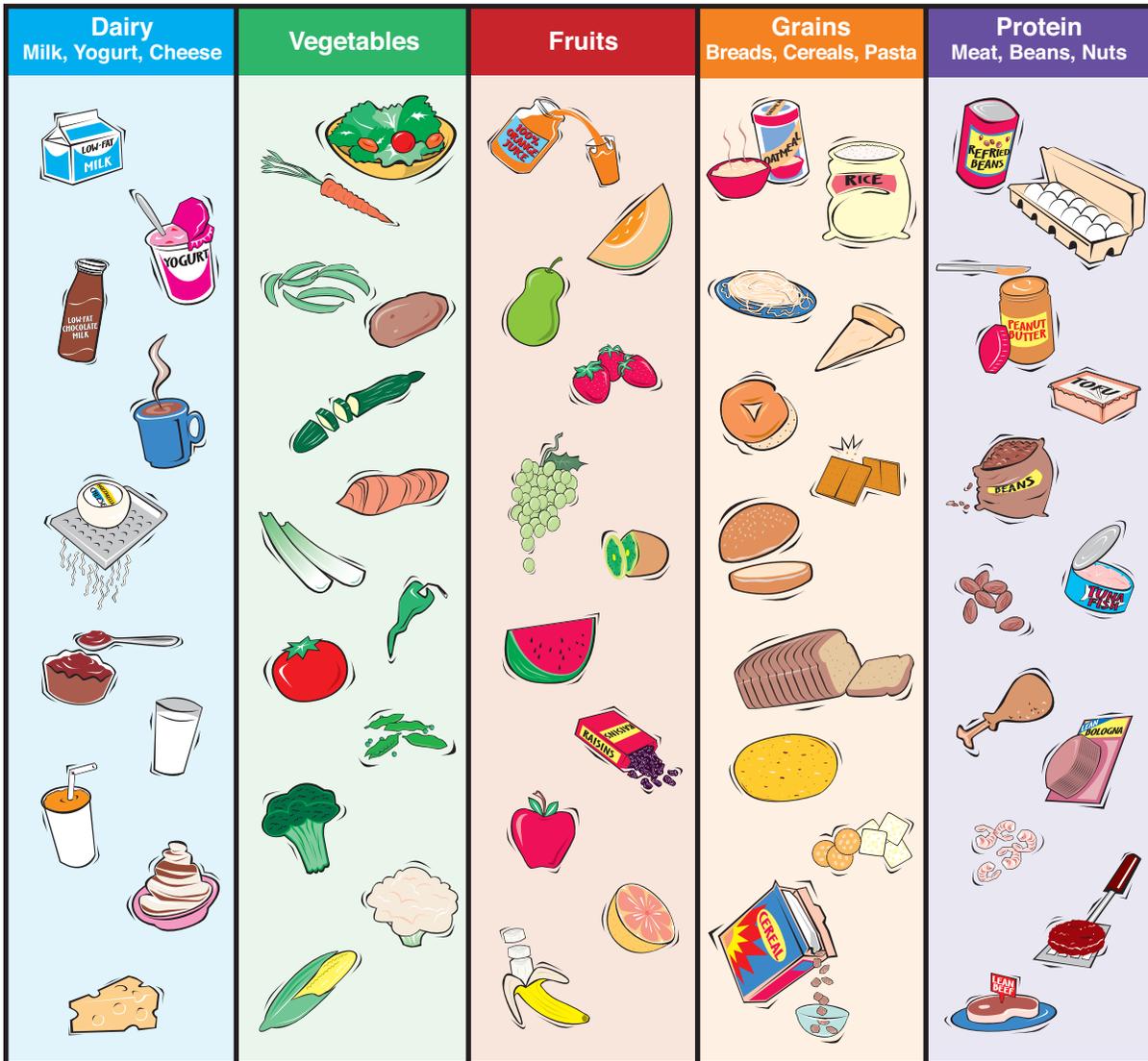
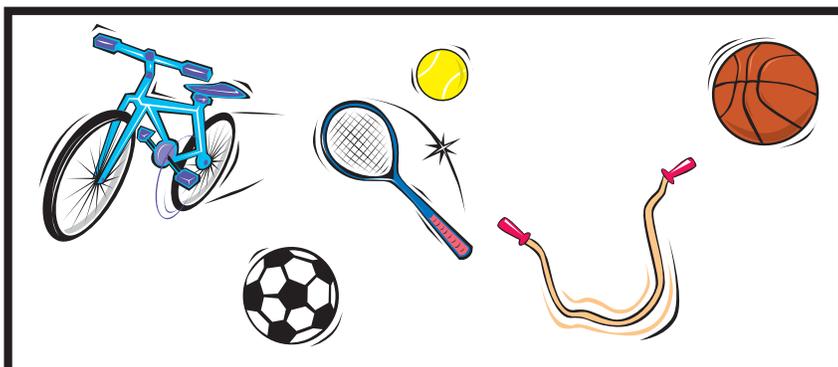


My Food Groups



+

My Physical Activity



=

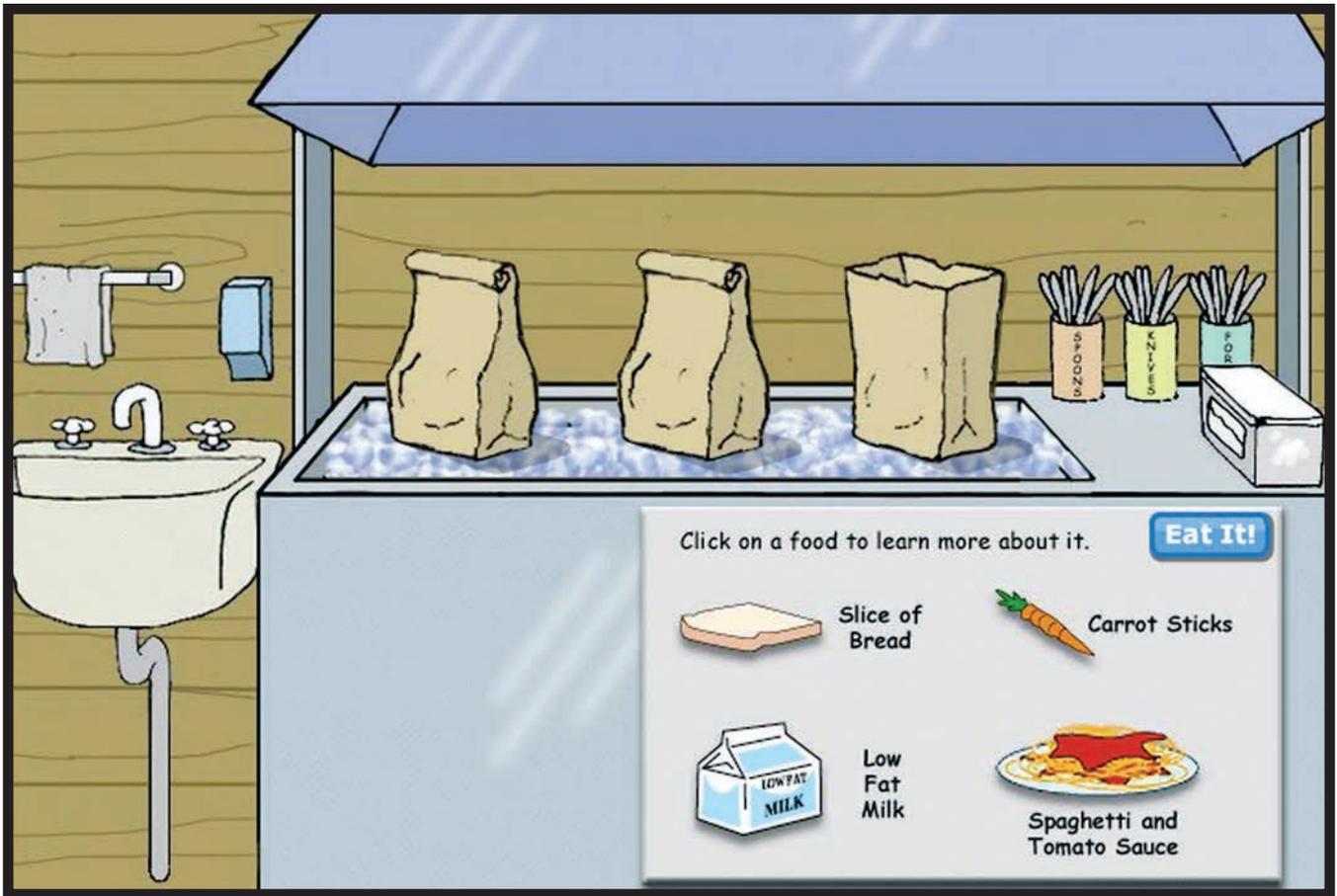
Healthy Bodies



Lesson 2: Balance Brigade

Balanced Meals

LUNCH



Lesson 2: Balance Brigade

Balanced Meals

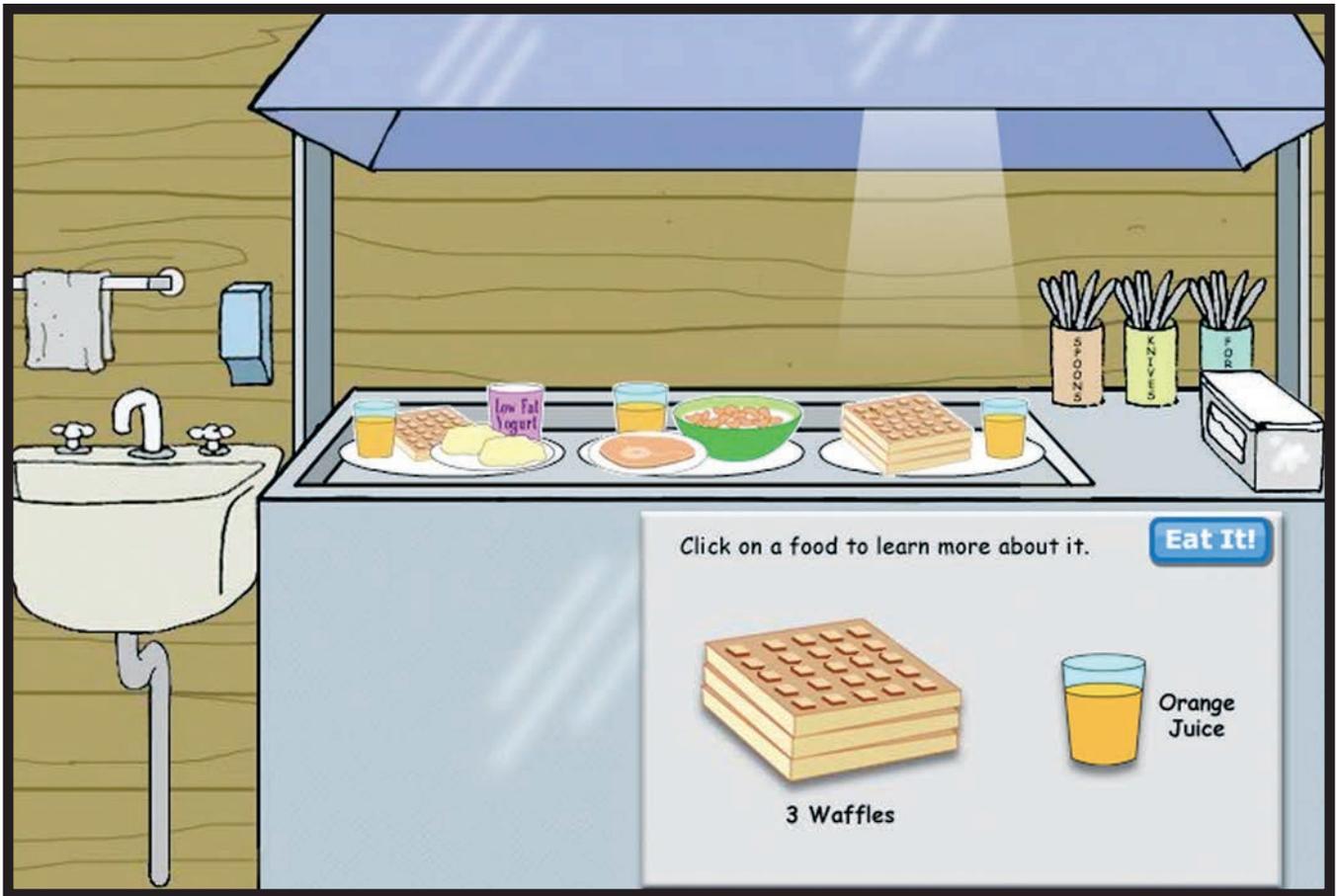
DINNER



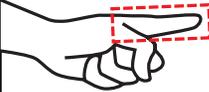
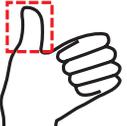
Lesson 2: Balance Brigade

Balanced Meals

BREAKFAST



Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
Dairy – Milk, Yogurt, Cheese				
Cheese (string cheese)			Pointer finger	1 ½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains – Breads, Cereals, Pasta				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole-wheat bread			Flat hand	1 slice
Protein – Meat, Beans, Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

Lesson 3: Serving Signs

Sign That Serving Game

FOOD GROUP	SERVING SIZE	HAND SYMBOL
DAIRY Milk, Yogurt, Cheese	1 serving of string cheese	
	½ serving of yogurt	
VEGETABLES	½ serving of broccoli	
	1 serving of salad	
FRUITS	2 servings of an orange	
	1 serving of apple juice	
GRAINS Breads, Cereals, Pasta	2 servings of sliced bread	
	1 serving of cooked oatmeal	
PROTEIN Meat, Beans, Nuts	1 serving of peanut butter	
	½ serving of a hamburger patty	
MIXED FOOD	1 whole peanut butter and jelly sandwich Bread = 2 servings Peanut butter = 1 serving	

Lesson 5: Food and Physical-Activity Forecasters

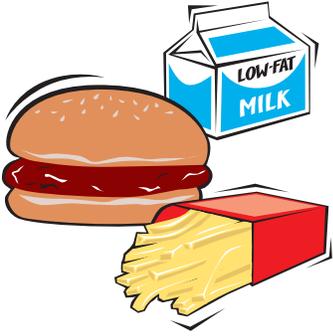
Make It Healthier

SAMPLE MEAL #1

Hamburger
(meat, bun)

Low-fat milk

Fast-food
french fries



SAMPLE MEAL #2

Taco
(tortilla, beef,
lettuce, tomato)

Cookie

Soda

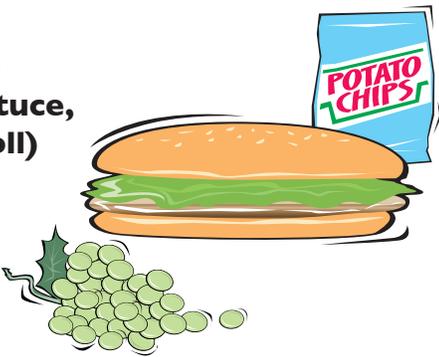


SAMPLE MEAL #3

Turkey Sub
(turkey, lettuce,
sandwich roll)

Chips

Grapes



MAKE IT HEALTHIER WITH ...

Yogurt

Carrot and
celery sticks

Salad

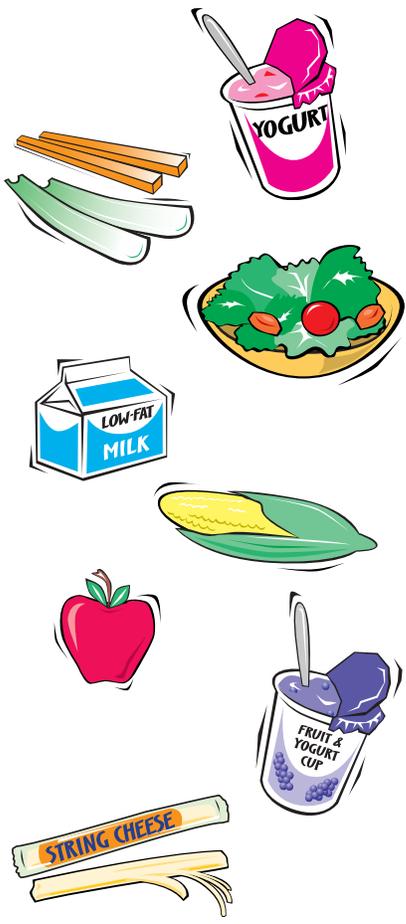
Low-fat milk

Corn

Apple

Fruit and
yogurt cup

String cheese



CLASS MEAL

Lesson 6: Food and Physical-Activity Forecasters

FLAT SNAX—A BURST OF FLAVOR!

Enjoy the fun, crispy, flavorful snack—**FLAT SNAX!**

The snack with a fabulous flavor burst you won't believe!

The crispy snack is fun to eat! The crispy snack that is fun to eat and will give you lots of energy!



Lesson 6: Food and Physical-Activity Forecasters

Children need energy to grow!



Calories aren't bad for you. Your body needs calories every day for energy to grow and play! Drink ORANGE SODA with natural-tasting orange flavor, you can get all the calories you need to play all day! And it tastes good too!

NEW
Fresher-
Tasting
Orange
Flavor!

ORANGE SODA

The Natural Tasting Orange Soda



Lesson 6: Food and Physical-Activity Forecasters

Jump into a Stronger You – Drink Milk!



- **Milk contains 9 essential vitamins and minerals.**
- **Drinking milk helps you have a healthy, lean body, and builds strong bones and teeth.**
- **Drink 3 servings every day for a stronger you!**