

GO GLOW GROW

Foods for You



Learning about food is fun. Use this booklet to learn about healthy foods. Do the activities to have fun, too!

Pages marked with the crayon symbol  are for drawing and coloring. Pick any color and don't worry about staying in the lines to color. Just have fun.

This is just one fun way to learn about foods. The back page shows more ways to have fun with foods.



This Activity Booklet Belongs to

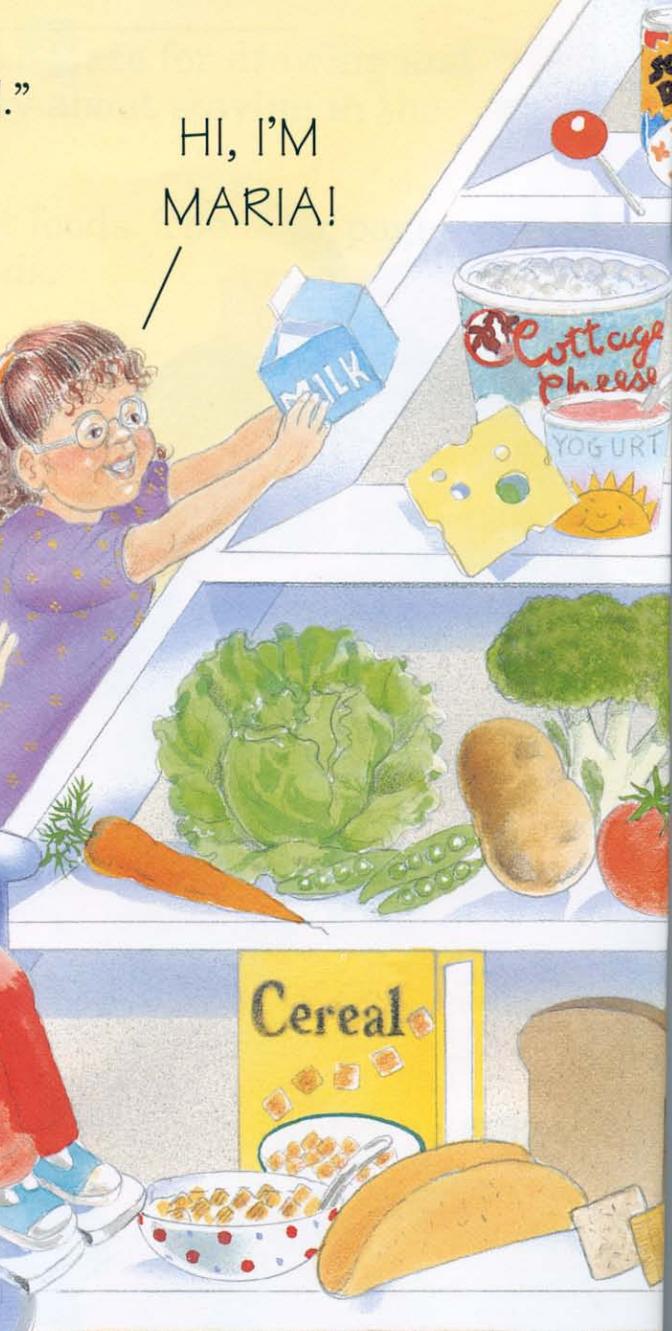


“Hi! I’m Danny, and these are my friends. We want to tell you about foods that make you **GO**, **GLOW**, and **GROW**.”

HI, I’M
DANNY!

HI, I’M
ANNIE!

HI, I’M
MARIA!



“Eating these foods every day can help make you healthy and strong.”

HI, I'M
BEN!

HI, I'M
KIM!

HI, I'M
COREY!



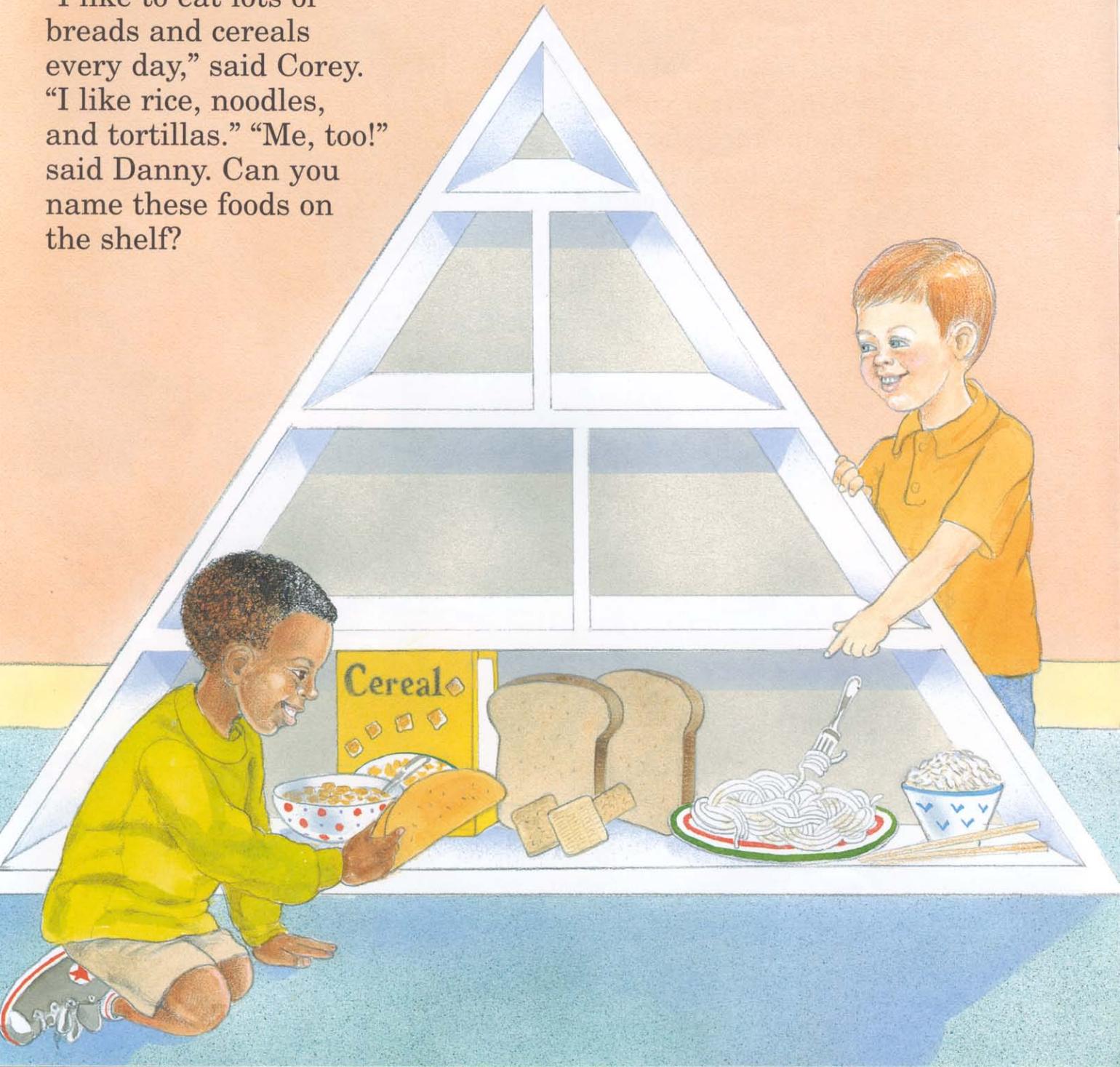
“When I was a baby, grownups had to feed me,” said Danny.



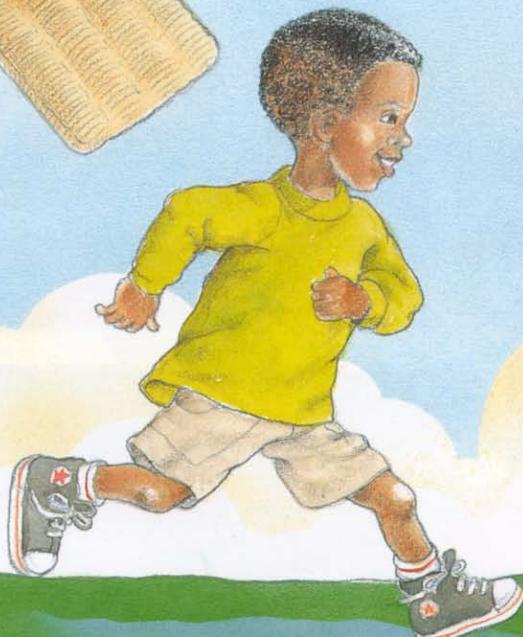
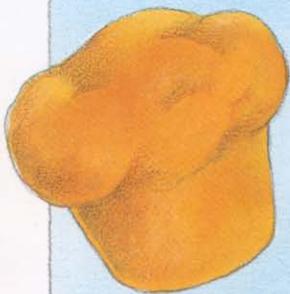
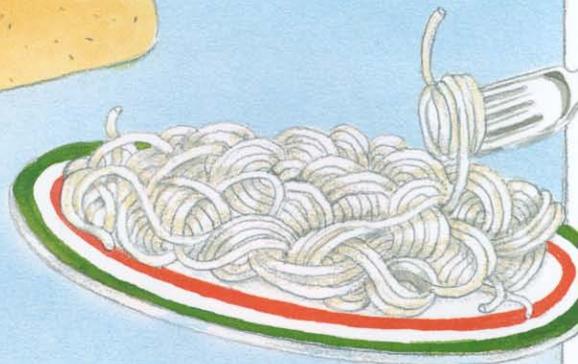
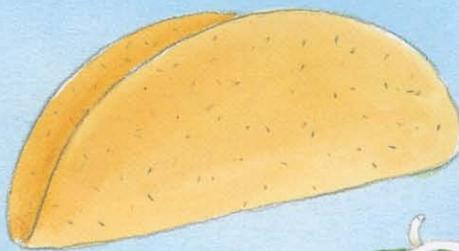
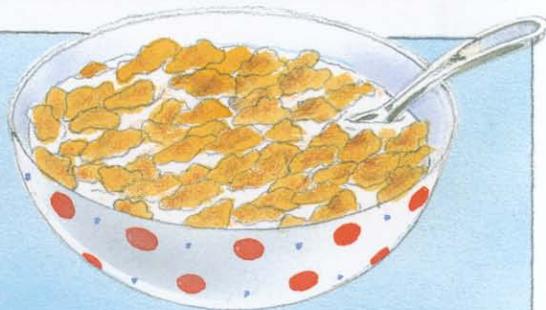
“Now that I’m big, I feed myself,” said Danny. “Me too,” said Kim, “but my mom still helps me. She picks out foods that help me **GO**, **GLOW**, and **GROW**.”



“I like to eat lots of breads and cereals every day,” said Corey. “I like rice, noodles, and tortillas.” “Me, too!” said Danny. Can you name these foods on the shelf?



“Breads, cereals, noodles, rice, and tortillas are **GO** foods. They help me run, jump, and play all day,” said Corey. Circle your favorite **GO** foods.



“Hey, Annie, see these vegetables?”
asked Danny. “They taste really good.”

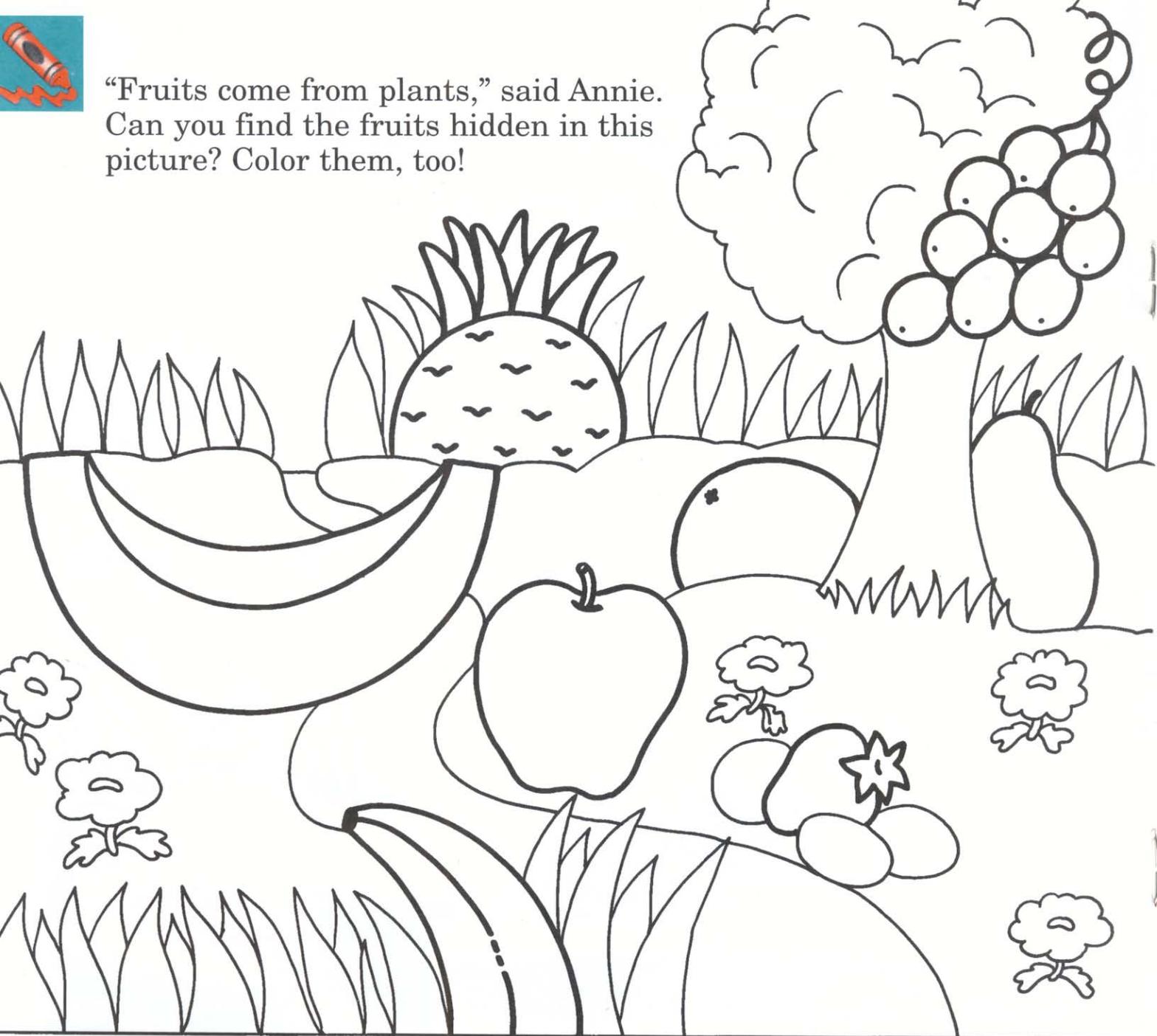


“Fruits are yummy, too. Fruits and vegetables are **GLOW** foods,” said Annie. “I eat them every day. **GLOW** foods make my hair shine and my eyes sparkle.”
Can you name these fruits and vegetables?





“Fruits come from plants,” said Annie.
Can you find the fruits hidden in this
picture? Color them, too!



Melon



Apple



Pineapple



Orange



Pear



Banana



Grapes

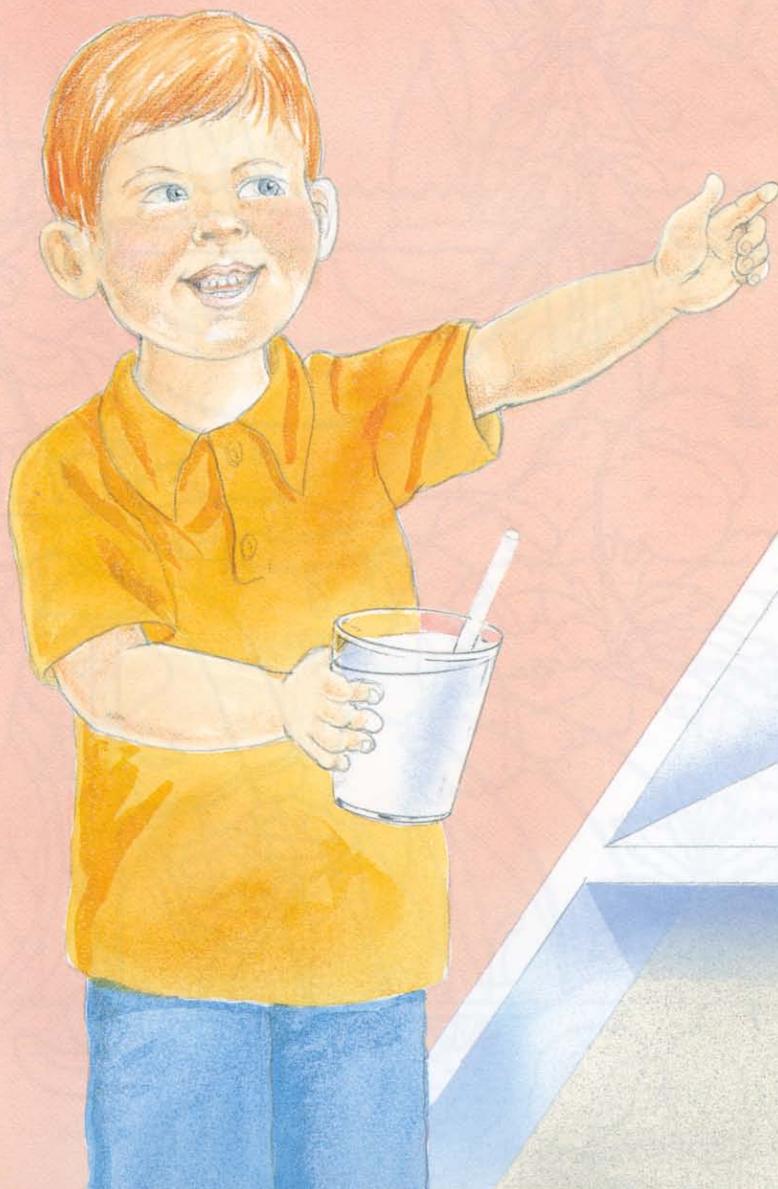


Strawberry

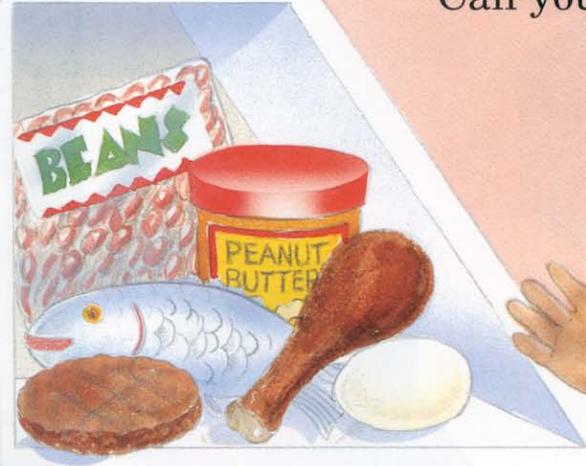
“Vegetables come from plants, too. Some grow under the ground and some grow above the ground,” said Annie. Can you name the vegetables growing in Annie’s garden? Color them, too!



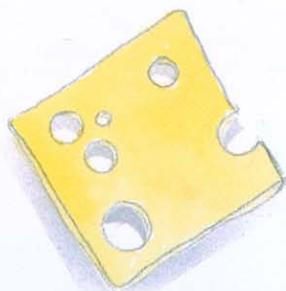
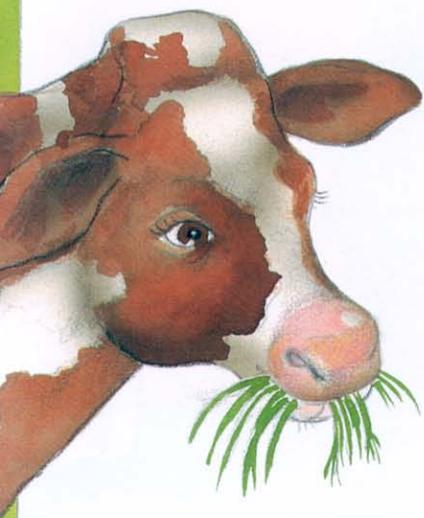
“I like milk a lot,” said Danny. “I have some milk, cheese, or yogurt every day. I like chicken, fish, meat, and eggs, too. These are **GROW** foods,” said Danny. “They help me grow bigger and stronger.”



“Did you know that nuts, peanut butter, and cooked beans are **GROW** foods, too?” asked Maria. “I like it when my mom puts beans in soups and chili. Peanut butter sandwiches are my favorite.”
Can you name these foods?



Milk comes from cows.
Yogurt, cheese, and ice
cream are made from milk.
Cottage cheese and frozen
yogurt are made from milk,
too. Draw a line from the
cow to the milk foods.





“Some foods come from animals,” said Danny. “Other foods come from plants,” said Maria. Draw a line from the food to the plant or animal it comes from.



Egg



Peanut Butter



Bean Soup



Tuna Fish

Tuna



Beans



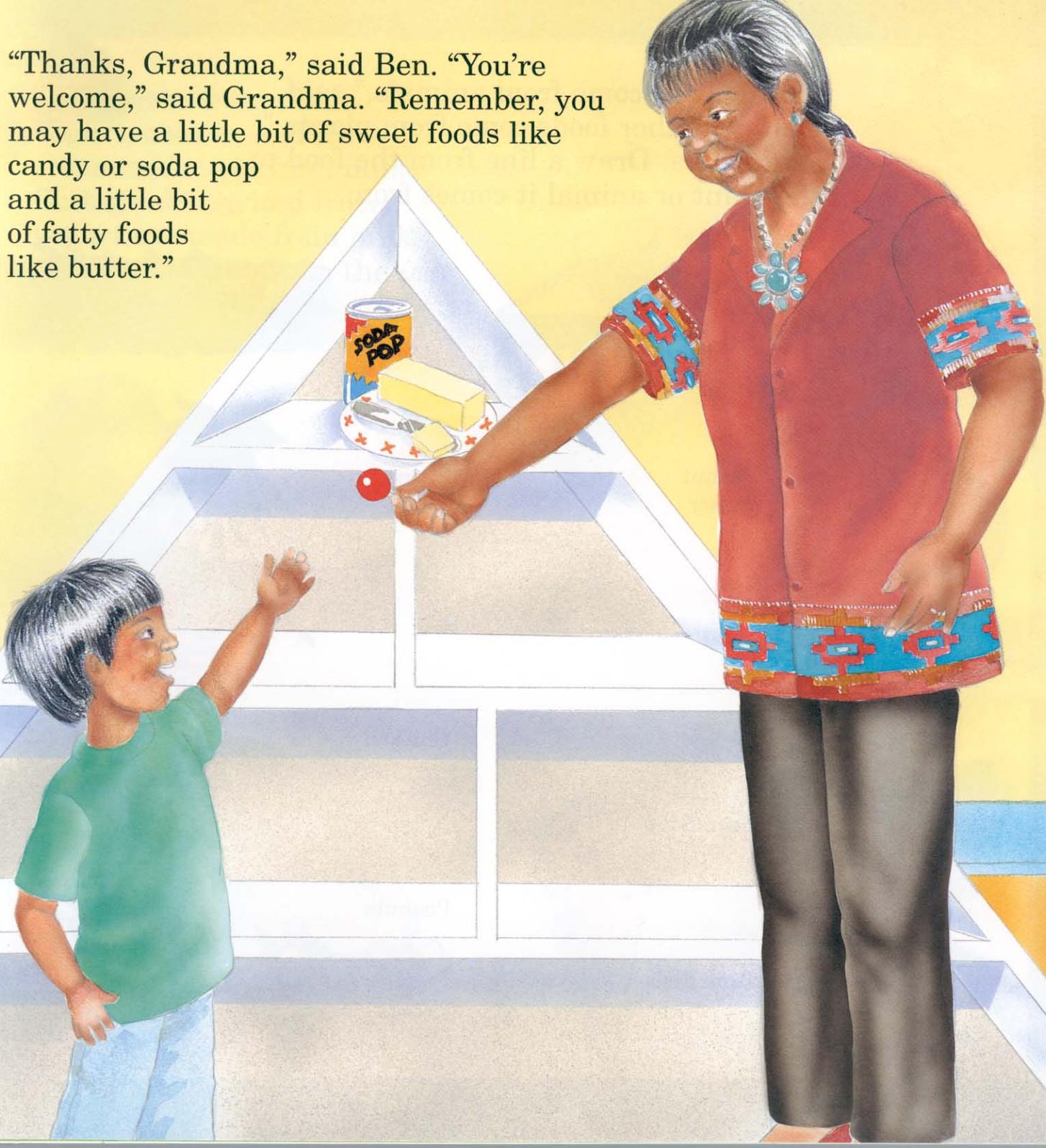
Chicken



Peanuts



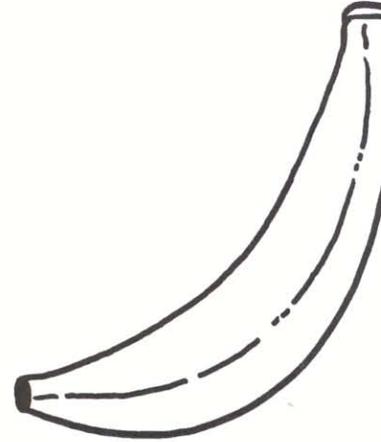
“Thanks, Grandma,” said Ben. “You’re welcome,” said Grandma. “Remember, you may have a little bit of sweet foods like candy or soda pop and a little bit of fatty foods like butter.”



“I love eating **GO**, **GLOW**, **GROW** foods,” said Corey. Any of these foods could help make a great breakfast. What foods do you want Corey to have for breakfast? Circle them.



Milk



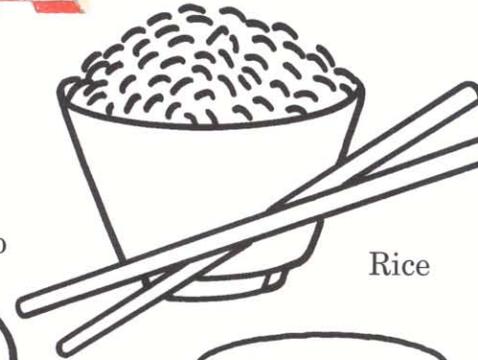
Banana



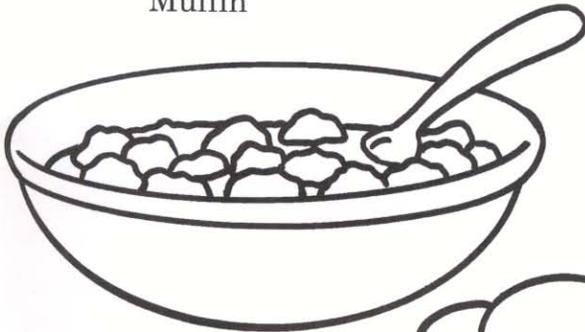
Muffin



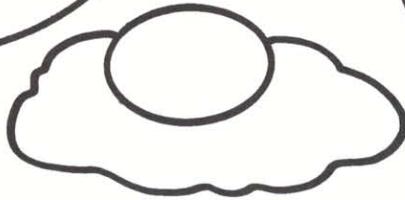
Taco



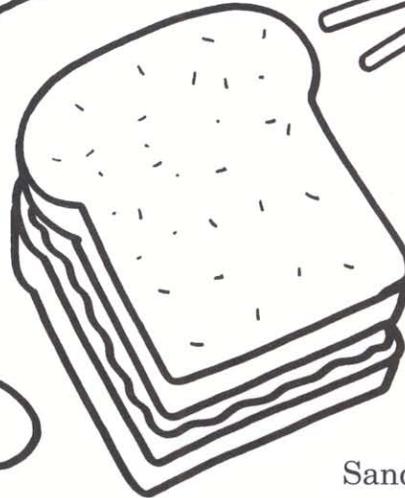
Rice



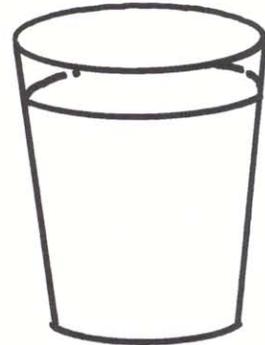
Cereal



Egg



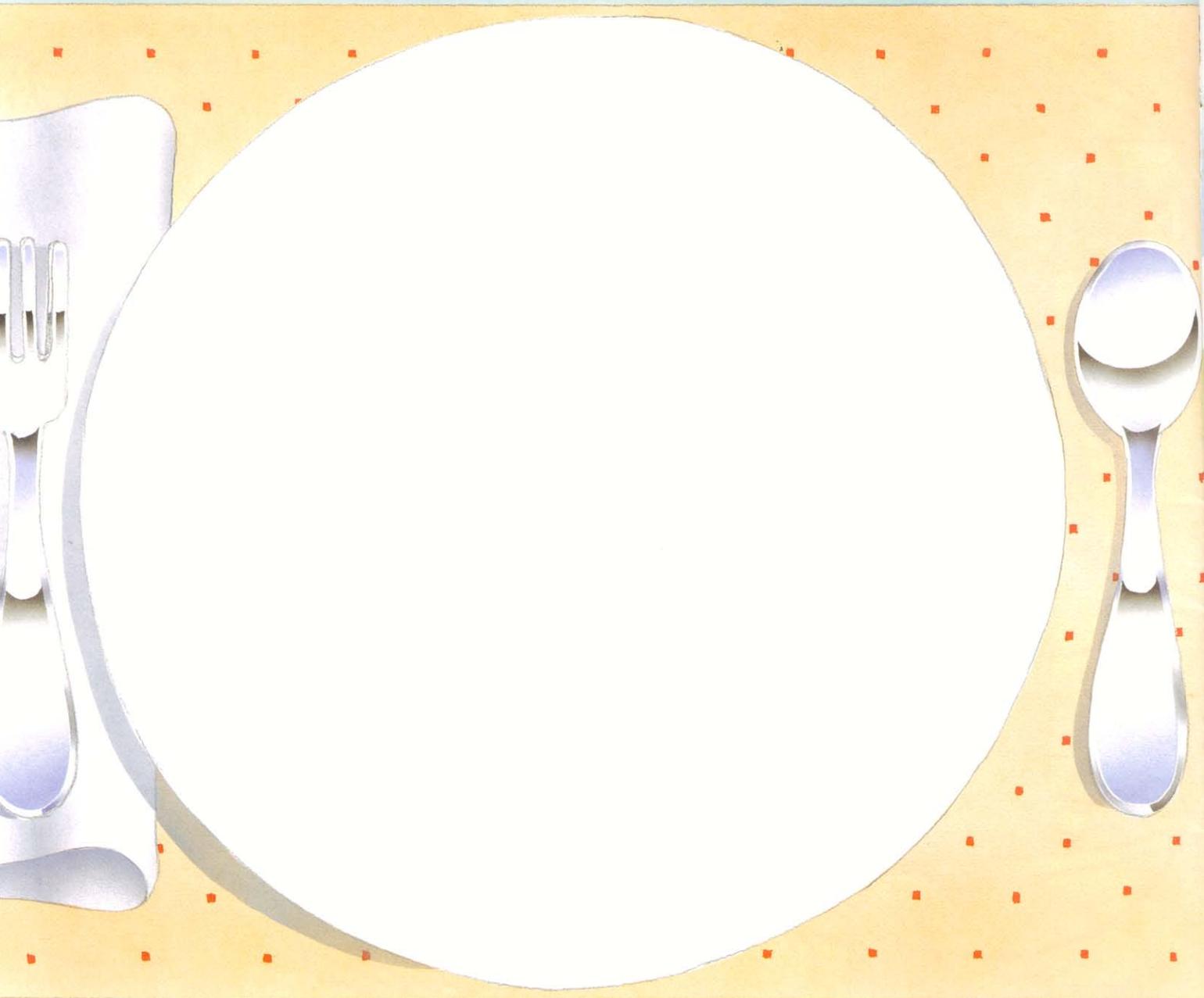
Sandwich



Juice



What is your favorite food?
Draw it on the plate.



“I like to move my body a lot when I play,” said Danny.
“That keeps my body strong.” His friends like to move their
bodies, too. Point to your favorite way of moving your body.



“Do you want to be healthy and grow bigger?” asked Danny.
“Then be like me and my friends. Eat **GO**, **GLOW**, **GROW**
foods every day and move your body when you play.”



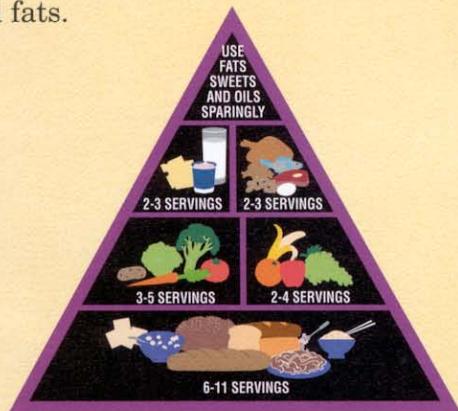
Dear Parent,

You can help your child try new foods and feel good about eating. Children form their eating habits early in life. They need to learn to eat a variety of foods to grow and stay healthy. Young children may not always eat the way you want. Here are some tips for feeding children:

- Offer healthy choices for meals and snacks.
- Offer small amounts of food and drink, let them ask for more.
- Make eating a fun activity.
- Be a good role model by choosing a healthy diet yourself.

The Food Guide Pyramid

- ◆ Shows you and your family the kinds of foods to eat every day.
- ◆ Shows you foods to eat more often like breads, cereals, fruits, and vegetables.
- ◆ Shows you foods to eat less often like sweets and fats.



Preschool children should have at least the lowest number of servings listed for each food group on the Pyramid. Serving sizes for a young child might be:

- 1/2 slice of bread
- 1/4 cup of fruit or vegetable
- 1/2 cup of cooked beans
- 1 ounce of lean meat, fish, or poultry.

For milk products, children need at least 2 cups of milk or milk products each day. For children 2 years and older, milk and milk products should be low fat.

... More Fun Food Activities

As you do an activity, talk to your children about foods. Ask what they think, too.

- ◆ Have children help with simple food activities. They can wash foods like greens or potatoes. They can break food like broccoli into pieces.
- ◆ Have children help with recipes. They can measure food in a cup or mix foods together. Often children are more willing to try foods that they have helped to prepare.
- ◆ Have a tasting party to give children a chance to try new foods. Never force a child to eat a certain food.
- ◆ Have a picnic indoors or outdoors.
- ◆ Make foods interesting by making them in special shapes or decorating them.
- ◆ Help children set up a play kitchen, restaurant, or store with empty food boxes and cartons.
- ◆ Read books about foods. You can find them at your library.
- ◆ Visit a fruit and vegetable stand or bakery.
- ◆ Have children name foods as you go up and down the grocery store aisles.



The United States Department of Agriculture's (USDA) Team Nutrition is a national nutrition education program whose mission is to

improve the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community.

As community leaders of Team Nutrition, parents, teachers, and caregivers play an important role in promoting healthful diets for children where they live, learn, and play.



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