

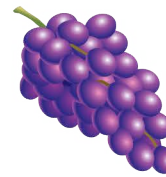
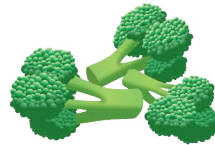
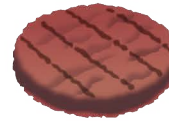
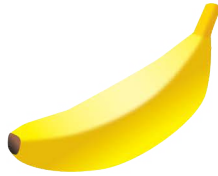


United States Department of Agriculture

Welcome to School Lunch!

Eating with friends and trying new foods can be fun.
There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend.
(Answers on back.)



Farrah Fruit

Reggie Veggie

Mary Dairy

Jane Grain

Dean Protein



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Parents

School meals now have more fruits, vegetables, and whole grains. They are also healthier with less saturated and *trans* fats and sodium. Join your child for lunch one day and see the changes.

A Color Adventure!

It's fun to find new favorite foods. Choose a new fruit or vegetable of each color to try. Then, hold a family taste test. Write how your family felt about the new food below.

Draw a picture of the new fruit or vegetable in each box.



Red Fruit/Vegetable

How We Felt About the Food



Orange Fruit/Vegetable

How We Felt About the Food



Yellow Fruit/Vegetable

How We Felt About the Food



Green Fruit/Vegetable

How We Felt About the Food



Blue Fruit/Vegetable

How We Felt About the Food



Purple Fruit/Vegetable

How We Felt About the Food



You Did It!

Celebrate with a trip to the park or playground.

Parents

Got colors? Try red beans, orange cantaloupe, yellow squash, green kale, blueberries, or purple cabbage. Check the school lunch menu for other ideas.

Answers: FRUITS: orange, banana, grapes, strawberries. VEGETABLES: tomatoes, broccoli, green beans, yellow squash. GRAINS: bread, pasta. DAIRY: yogurt, milk. PROTEIN FOODS: tuna fish, chicken leg, hamburger. To learn more about the food groups, visit <http://www.choosemyplate.gov>.