

NUTRITION FAMILY FUN PAGE

Getting Nutritional Word Find

Find these words about nutrition in the puzzle below. The words can be found horizontal and vertical.

C
FAT
HZLOW
ZEIOBAZ
FDAIRYTR
ZOMLBEMEPSZ
FVONTQEVRYEAT
ARTDEHWSUGARTRP
ZMUVI TAMI NYRVMEYL
JHMINERALMGHRIZURUL
GMEATSCQAIGRAINSBANIX
BECARBOHYDRATETGRAMCMXI
EXERCISEABREAKFASTMIHTYAZ
VEGETABLESKPROTEINLMDINNERW

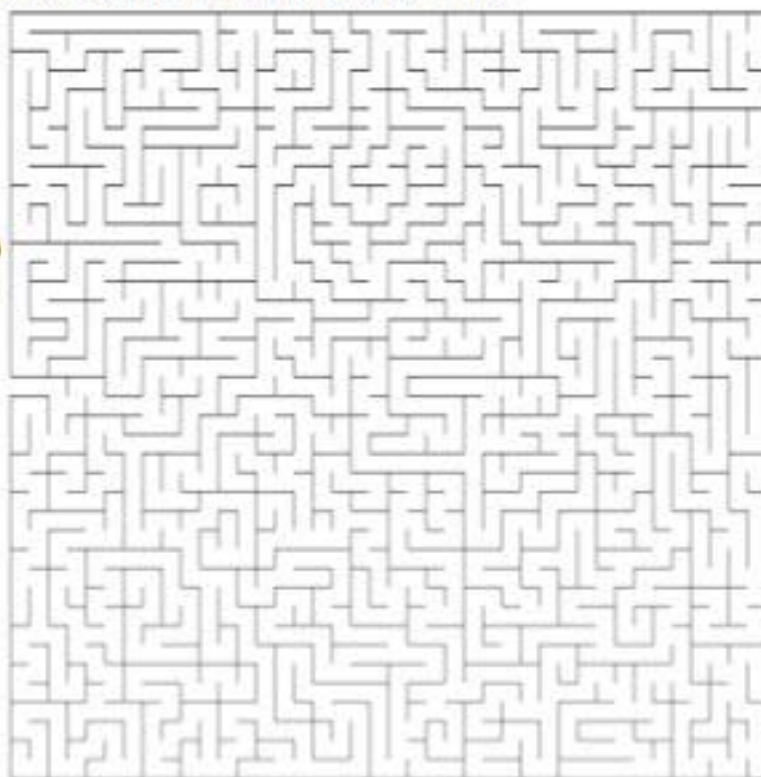
BREAKFAST
CALORIES
CARBOHYDRATE
DAIRY
DINNER
EAT
EXERCISE
FAT

FOOD
FRUIT
GRAINS
GRAM
HEALTH
LUNCH
MEATS
MINERAL
PROTEIN
PYRAMID
SERVING
SUGAR
VEGETABLES
VITAMIN
WATER

By Nancy A.
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The Path to Good Nutrition

Help the girl find her way to the basket of fruit.



Just Joking Around... With Food

What's in an astronaut's favorite food?

Launch meat.

Why do you eat so fast?

I want to eat as much as possible before losing my appetite.

Why did the man eat at the bank?

He wanted to eat rich food.



What did the mayonnaise say to the fridge?

Close the door, I'm dressing!

Got Nutrition? Quick Quiz

1. How many food groups are there? Can you name them all?

2. How much physical activity do you need each day?

3. What color are the most nutritious vegetables?

4. What vegetables are good sources of protein?

5. Which foods should you eat the least amount of every day?

6. How many servings of fruit should you have each day?

7. What are good sources of oils?

8. True or false? A colorful plate of food is more nutritious.

