

JANUARY 2010

START THE YEAR OUT RIGHT!

Make Healthy Choices using the Food Pyramid as your guide. School Lunch provides choices from each of the five food groups in the right proportion and serving size for good health.



Grains	Vegetables	Fruits	Milk	Meats & Beans
Start smart with breakfast. Look for whole grain cereals.	Color your plate with all kinds of great tasting veggies.	Fruits are sweet and delicious.	Milk gives you calcium for strong bones.	Eat lean or low fat meat, chicken, & fish. Ask for it baked not fried.
<i>Eat 6 oz. every day</i>	<i>Eat 2 1/2 cups every day</i>	Go easy on juice and make sure it's 100%.	<i>Get 3 cups every day</i>	<i>Eat 5 oz. every day</i>
At least half should be whole	Try carrots and sweet potatoes!!	<i>Eat 1 1/2 cups every day</i>	Make sure your milk, yogurt or cheese is low fat or fat-free	Nuts, seeds, peas, & beans are all great sources of protein

WINTERTIME FOOD AND FITNESS

Unscramble each word. Then use the numbered letters to solve the second puzzle.

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Word List: Chili, Sledding, Hot Apple Cider, Snow Play, Ice Skate, Vegetable Soup, Popcorn, Cocoa, Pumpkin Sotties, Dance