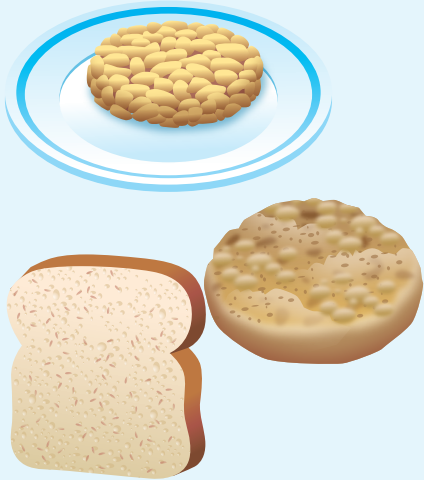


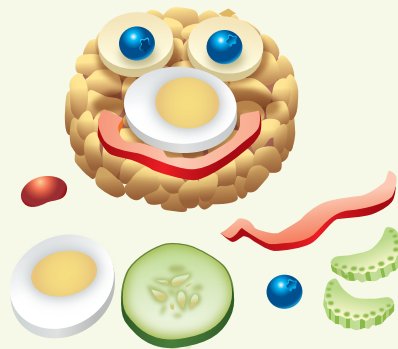
# Food Group Friend

## 1 Get a Head



Put a grain on your plate.

## 2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

## 3 Hair or Hat?



Choose a dairy food and cover the head.

## 4 Name Your Friend



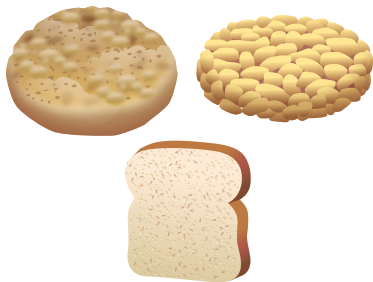
Have you used a food from each food group? If so, enjoy!

### Ingredients

Choose your favorite ingredients from every group

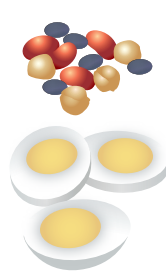
#### Grains

English muffin, brown rice cake, or bread



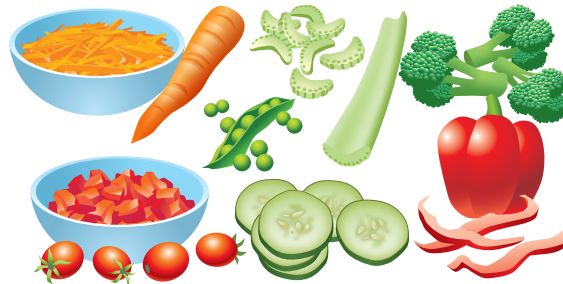
#### Protein Foods

beans or egg



#### Vegetables

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



#### Dairy

low-fat cheese



#### Fruits

blueberries, bananas, raisins, apples, or grapes

