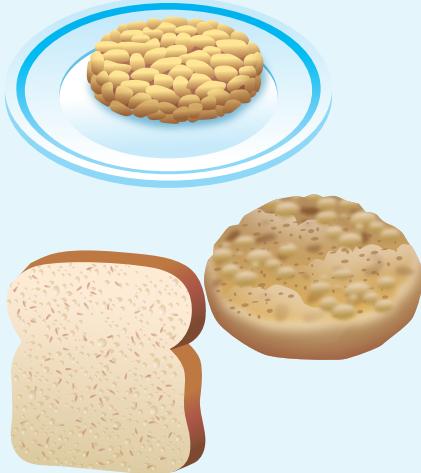


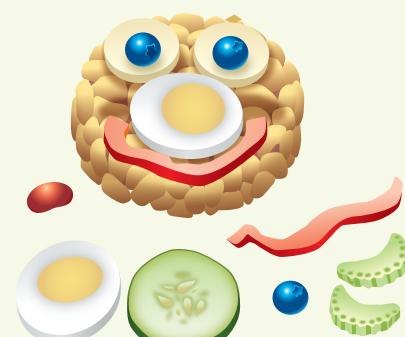
Food Group Friend

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

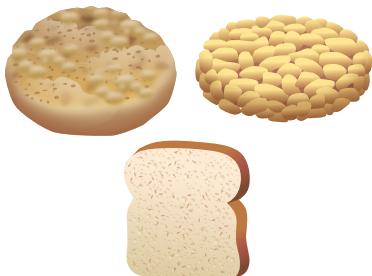


Have you used a food from each food group? If so, enjoy!

Ingredients

Grains

English muffin, brown rice cake, or bread



Protein Foods

beans or egg



Choose your favorite ingredients from every group

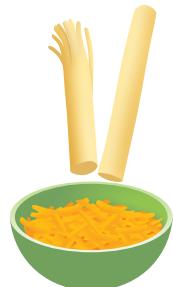
Vegetables

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



Dairy

low-fat cheese



Fruits

blueberries, bananas, raisins, apples, or grapes

