



STRONGER WITH SCHOOL MEALS!

Making healthy food choices can help you:

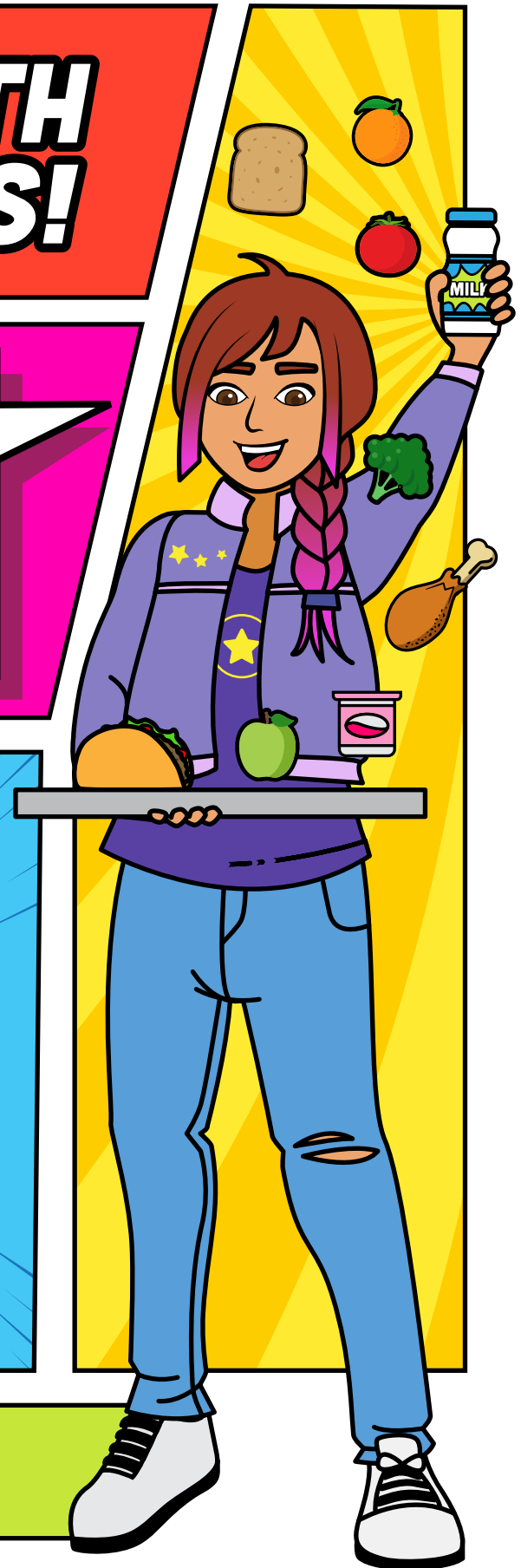
- Stay well
- Play hard
- Learn
- Grow strong

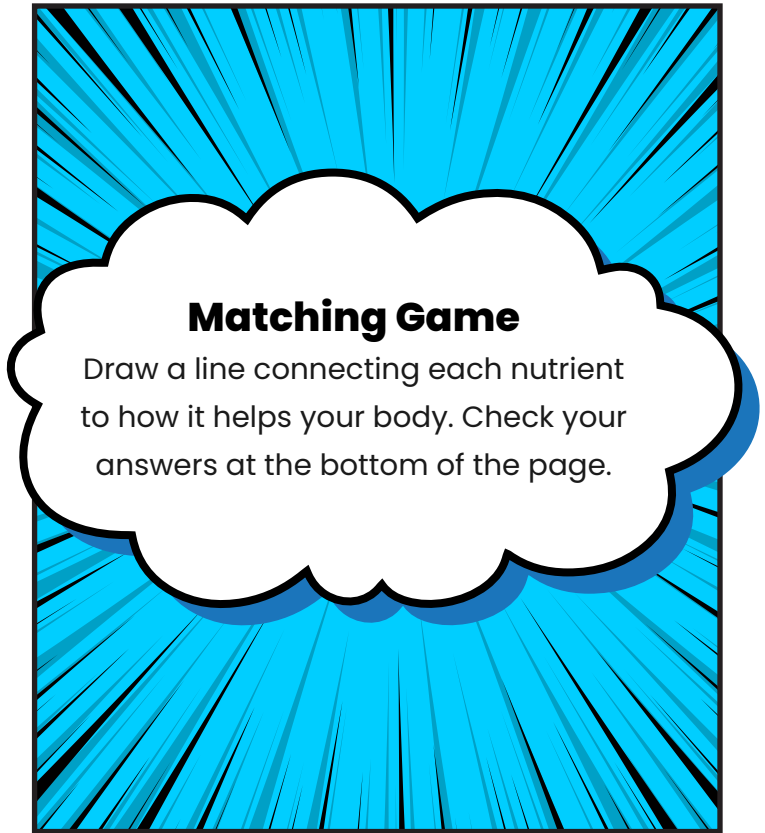
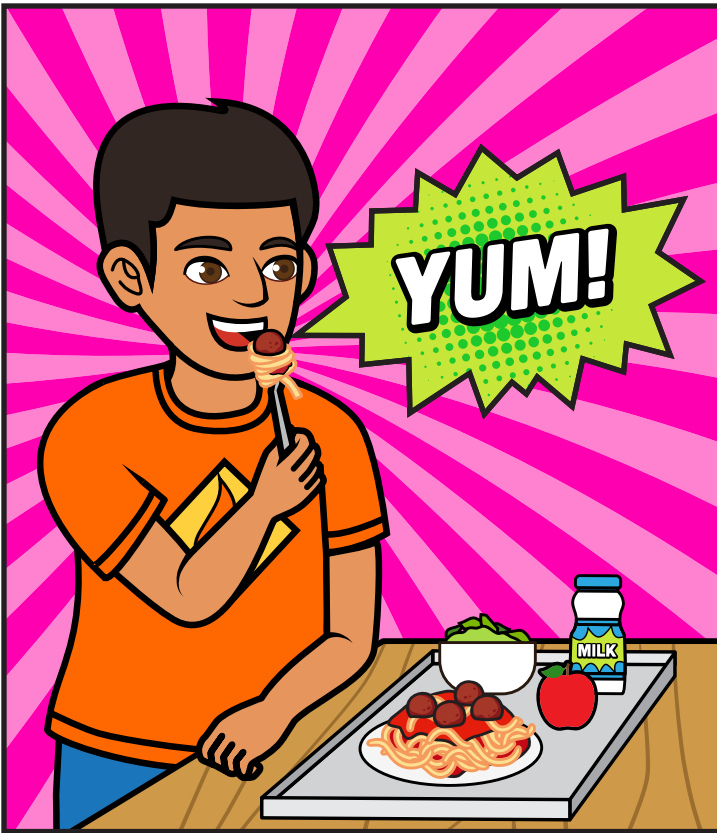
Eat Real Food
realfood.gov

Choose foods from each of the five food groups to get the nutrition you need.



Don't forget to wash your hands before eating!





Matching Game

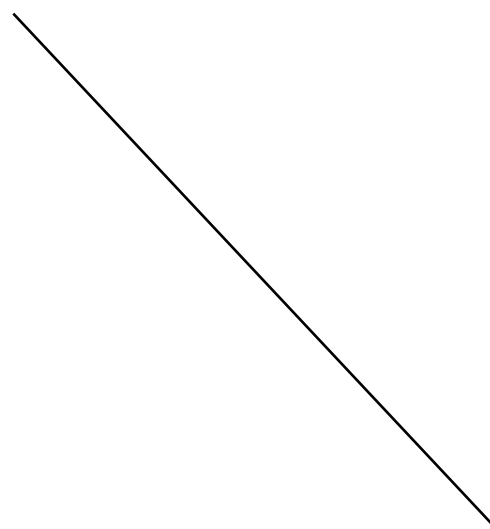
Draw a line connecting each nutrient to how it helps your body. Check your answers at the bottom of the page.

Nutrient

- Calcium
- Carbohydrate
- Fiber
- Iron
- Omega-3 Fatty Acid
- Potassium
- Protein
- Vitamin A
- Vitamin C

Role


























- Wound Healing
- Poop Regularly
- Muscle Builder
- Heart Health
- Healthy Blood
- Infection Fighter
- Brain Energy
- Bone Strengtheners
- Blood Pressure Regulator



School Meal Bingo

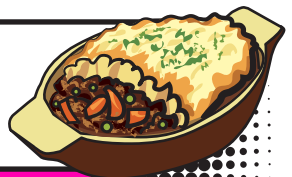
Mark a square each time you try a food at school lunch or breakfast. If you have an allergy or do not eat one of these foods for religious reasons, write in a different food for that square.

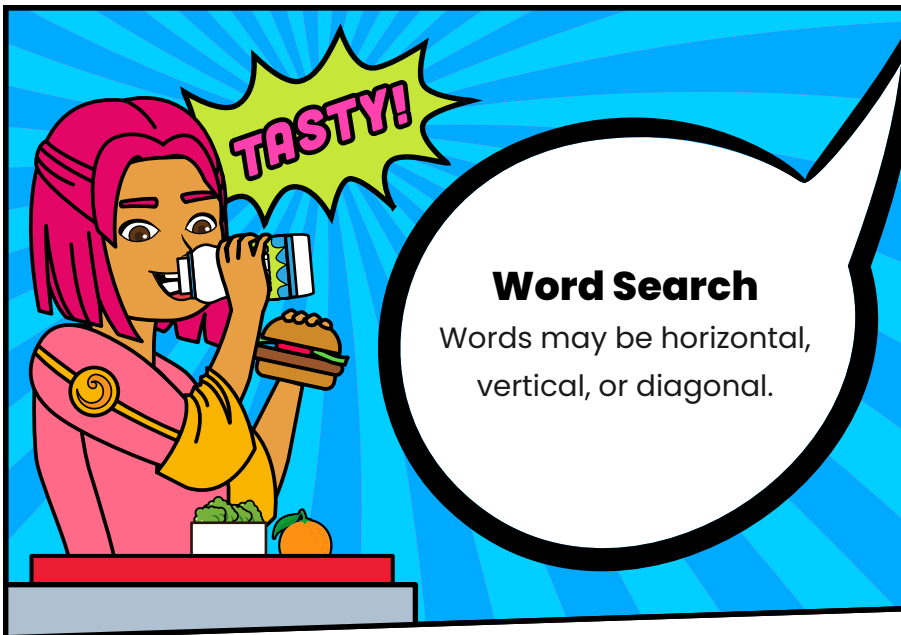


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|---|--|---|---|--|
|  Milk or Soy Milk |  Tortilla |  Egg |  Pear |  Sweet Potato |
|  Broccoli |  Tomato |  Apple |  Sunflower Seed / Soy Nut Butter |  Bread |
|  Fish |  Jicama or Celery |  Cheese |  Orange |  Cauliflower |
|  Beans |  Peaches |  Carrot |  White Potato |  Green Beans |
|  Noodles |  Hamburger or Veggie Burger |  Yogurt |  Salad |  Corn |

Did you know?

Beef shepherd's pie is one of the United States Department of Agriculture's most downloaded school meal recipes. What's your favorite?



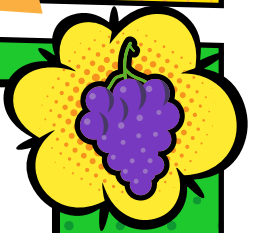


Word Search
 Words may be horizontal,
 vertical, or diagonal.

YUMMY!

- Lunch
- Eaten
- Sandwich
- Strong
- Breakfast
- Yummy
- Burrito
- Together
- Snack
- Smoothie
- Full
- Friends

STRONG!



| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | P | B | U | R | R | I | T | O | Q | I | S | D | H | P | M | G |
| S | X | C | B | W | G | D | Y | U | M | M | Y | X | S | Q | F | F |
| A | Q | S | T | R | O | N | G | Z | N | B | Z | C | N | P | R | K |
| N | R | R | A | Y | E | C | Z | L | E | H | T | D | A | Q | I | C |
| D | W | C | K | Q | D | A | P | C | W | A | G | V | C | F | E | S |
| W | O | X | R | C | X | B | K | S | Q | G | T | Z | K | Z | N | V |
| I | P | V | M | G | N | P | Q | F | M | K | Y | E | A | S | D | M |
| C | Q | L | U | N | C | H | G | U | A | W | V | B | N | O | S | P |
| H | A | X | U | V | G | Q | T | Z | O | S | O | Q | I | X | T | F |
| R | P | S | M | O | O | T | H | I | E | V | T | P | F | U | L | L |
| D | W | X | B | P | Z | G | T | Z | W | S | D | K | Z | T | G | W |
| B | F | W | I | F | T | O | G | E | T | H | E | R | C | V | X | K |

