

Activity

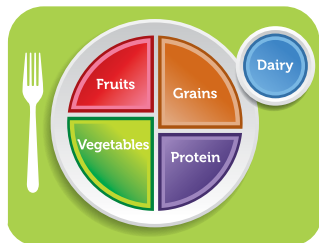
# Nutrients You Need




Pork offers a wide array of healthy nutrients in a meat that is lean and low in calories. Learn more about how these nutrients can help you build healthy menus that meet USDA guidelines while offering tasty and delicious meal variations.

**Part 1** Check out the nutrients in pork at [pork.org/cooking/pork-nutrition/vitamins-and-minerals](http://pork.org/cooking/pork-nutrition/vitamins-and-minerals), then research five of the nutrients. Use this chart to organize your research.

Nutrient Information			
Nutrient	Function and Importance	Body System That Uses This Nutrient	% Recommended Daily Value in 3 Oz. of Pork



**Part 2** Now plan a week's worth of dinners for your family, including two pork options, using the MyPlate guidelines. See [choosemyplate.gov](http://choosemyplate.gov) for additional information. There are lots of great pork recipes available at [yummys.com/page/pork](http://yummys.com/page/pork) to get you started!

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Fruits</b>					
 <b>Vegetables</b>					
 <b>Grains</b>					
 <b>Dairy</b>					
 <b>Protein</b>					

