

# 3 A Bounty of Healthy Foods

## Hey kids!

Whether you live on a farm or in the city, you still need to eat a healthy diet. Part of that diet comes from local dairy products, as well as fresh or frozen fruits and vegetables. Complete this word search to find food words that are part of a daily healthy diet.



### Word Bank

- |             |             |              |
|-------------|-------------|--------------|
| apple       | celery      | peas         |
| beets       | cheese      | pepper       |
| blueberries | corn        | spinach      |
| broccoli    | cranberries | sweet potato |
| carrot      | milk        | yogurt       |

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

## Bountiful Poetry

Now choose a food name from the healthy food word search. Follow your teacher's directions to write a *Bountiful* poem about that food on the back of this sheet.



## Parents!

The dairy group is an important part of the USDA **MyPlate** guidelines that show a balanced meal.\* Here's why:



- Dairy products are high in calcium and Vitamin D, both crucial in building new bone cells as children grow.
- Dairy products include many other important nutrients, like protein for strong muscles and potassium, which help regulate a healthy heartbeat and the balance of fluids in the body.

- Nutrients in dairy help build strong bones by increasing bone mass and also build and maintain both strong teeth and healthy blood pressure.

\* Children with dairy allergies must use other food sources for calcium and Vitamin D, such as dark green leafy vegetables or calcium-fortified foods. Children who are lactose intolerant can have lactose-free dairy products.

Try this recipe for a delicious breakfast idea! Don't forget to put your own spin on the recipe by trying an add-in from the list below.



## Moo-berry Breakfast Smoothie

**Ingredients**  
(serves 2)

- 1 cup frozen blueberries
- 1 medium banana, sliced
- 1 cup 1% or fat-free regular or lactose-reduced milk
- ¾ cup low-fat vanilla yogurt
- ¼ cup apple juice

### Optional Serving Suggestions:

For added flavor and nutrition, try one of the following:

- Substitute ½ cup frozen fruit of your choice for the banana (in addition to blueberries)
- 1 tablespoon oat or wheat bran

**Directions:** Combine all ingredients in a blender and puree until smooth. Serve in a tall glass.



Local milk is available 365 days a year.



AMERICAN DAIRY ASSOCIATION  
NORTH EAST



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