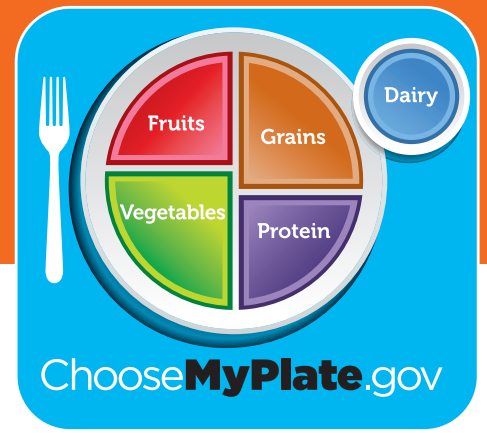


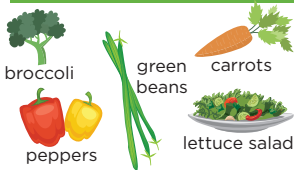
# Nutrition Sums It Up!

REPRODUCIBLE MASTER

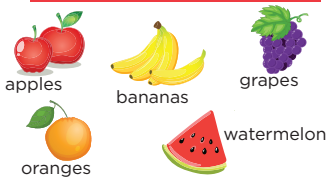


It's been a busy day on the dairy farm, and now farmers are looking forward to enjoying a tasty meal with their family. Can you help the family make balanced food choices? Follow the USDA's MyPlate guidelines for nutritious eating to create balanced meals.

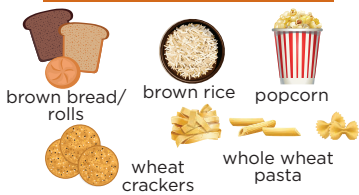
## Vegetables



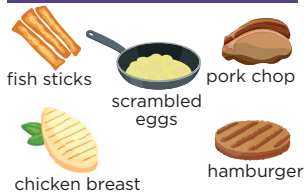
## Fruits



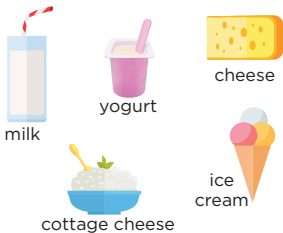
## Whole Grains



## Protein



## Dairy



**Part 1:** The MyPlate graphic shows that a balanced meal should include five food categories — fruits, vegetables, whole grains, lean protein, and a serving of dairy, such as a glass of milk or cup of creamy yogurt.

First read the descriptions of what each family member recommends for dinner below. Check the food categories they have chosen. Then select foods from the column on the left to complete the meal so that it is balanced.

**1. Mom's meal suggestion:** pork chop, broccoli, and an apple. Is this a balanced meal? Check off the MyPlate food groups included in her meal:

vegetables     fruits     whole grains     protein     dairy

What foods can she add to the meal to make it balanced?

**2. Dad's meal suggestion:** pork chop, a whole grain roll, and two slices of cheddar cheese. Is this a balanced meal? Check off the MyPlate food groups included in his meal:

vegetables     fruits     whole grains     protein     dairy

What foods can he add to the meal to make it balanced?

**3. Kids' meal suggestion:** grapes, popcorn, and a large glass of milk. Is this a balanced meal? Check off the MyPlate food groups included in this meal:

vegetables     fruits     whole grains     protein     dairy

What foods can they add to the meal to make it balanced?

## Add it up!

It's important to include foods from all five food groups for a balanced meal. If you eat three balanced meals every day, how many servings from each food group will you eat in a week?

\_\_\_\_\_ servings of each food group per week

**Part 2:** Now it's your turn to make healthy food choices! Draw your own meal on the other side of this sheet, choosing from the foods listed in the column. Make sure half your plate is vegetables and fruits, and don't forget to include your favorite dairy product such as milk, yogurt, cheese, or ice cream — a tasty reward for helping on the farm. Then share your meal choices with your classmates and explain why you chose what you did.

## Attention Parents!

Check out [americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-renee.html](http://americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-renee.html) to discover some of Farmer Renee's favorite "dairy delicious" recipes!



AMERICAN DAIRY ASSOCIATION  
NORTH EAST



Local milk is available 365 days a year.

