

Welcome to School Lunch!

Eating with friends and trying new foods can be fun.

There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend. (Answers on back.)





May 2014 • FNS-471A • USDA is an equal opportunity provider and employer. http://teamnutrition.usda.gov

Parents

School meals now have more fruits, vegetables, and whole grains. They are also healthier with less saturated and trans fats and sodium. Join your child for lunch one day and see the changes.

A Color Adventure!

It's fun to find new favorite foods. Choose a new fruit or vegetable of each color to try. Then, hold a family taste test. Write how your family felt about the new food below.

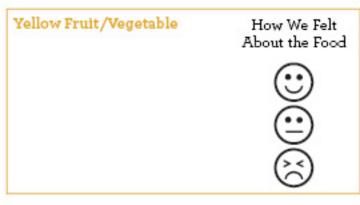
Draw a picture of the new fruit or vegetable in each box.

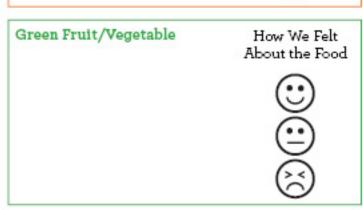
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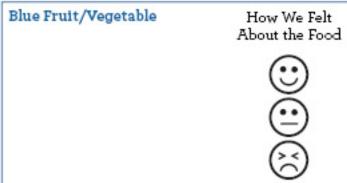


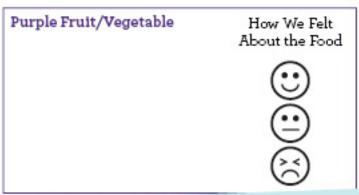
Red Fruit/Vegetable	How We Felt About the Food
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	(~.)

Orange Fruit/Vegetable	How We Felt About the Food
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	8









Parents

Got colors? Try red beans, orange cantaloupe, yellow squash, green kale, blueberries, or purple cabbage. Check the school lunch menu for other ideas.

You Did It Celebrate with a trip to the park or playground.

Answers: FRUITs: orange, banana, grapes, stra wberrie s
VEG ETABLES: toma toes, broccol, green beana, ye low squash.
GRAIMS: bread, pasta. DAIRY: y ogurt, milk PROTEIN FOODS;
tuna fish, chicken leg hamburger. To learn more about the
tood groups, visit http://www.choosemyplate.gov.