



United States Department of Agriculture

# 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.)



**Farrah  
Fruit**

**Reggie  
Veggie**

**Mary  
Dairy**

**Jane  
Grain**

**Dean  
Protein**



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<http://teammnutrition.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.



**Red Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞

**Orange Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞

**Yellow Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞

**Green Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞

**Blue Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞

**Purple Fruit/Vegetable**

How We Felt About the Food

😊  
😐  
😞



**You Did It!**

Celebrate with a trip to the park or playground.

## Parents

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

Answers: FRUITS: orange, banana, grapes, strawberries  
VEGETABLES: tomato, broccoli, green beans, yellow squash  
GRAINS: bread, pasta, DAIRY: yogurt, milk PROTEIN FOODS:  
tuna fish, chicken leg hamburger. To learn more about the  
food groups, visit <http://www.choosemyplate.gov>.