



## MyPlate Word Blanks

# "Cook-Off Craze"

**How to play:** Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

### WORD LIST

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1. Noun: _____                   | 10. Orange/red vegetable: _____   |
| 2. Your name: _____              | 11. Grain food: _____             |
| 3. Friend's name: _____          | 12. Lean protein food: _____      |
| 4. Verb (ending in "ing"): _____ | 13. Dairy food: _____             |
| 5. Verb (ending in "ing"): _____ | 14. Noun (plural): _____          |
| 6. Green vegetable: _____        | 15. Adjective: _____              |
| 7. Noun (plural): _____          | 16. Fruit: _____                  |
| 8. Noun (plural): _____          | 17. Verb (ending in "ing"): _____ |
| 9. Color: _____                  | 18. Verb (past tense): _____      |

----- Fold Here -----

# "Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) \_\_\_\_\_ County School End-of-Year Cook-Off! (2) \_\_\_\_\_ and (3) \_\_\_\_\_ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) \_\_\_\_\_!

Once they got the pot of water (5) \_\_\_\_\_, they began adding the ingredients. While (2) \_\_\_\_\_ chopped up the (6) \_\_\_\_\_, (3) \_\_\_\_\_ washed the (7) \_\_\_\_\_. (8) \_\_\_\_\_ and (9) \_\_\_\_\_ cabbage were next. After this, they threw in some grated (10) \_\_\_\_\_, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) \_\_\_\_\_, and for protein power, chopped (12) \_\_\_\_\_. For a finishing touch, they sprinkled some low-fat (13) \_\_\_\_\_ on top. *Voilà!* Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) \_\_\_\_\_ to announce the winners. After Runner-Up went to a (15) \_\_\_\_\_ (16) \_\_\_\_\_ frozen yogurt, (2) \_\_\_\_\_ and (3) \_\_\_\_\_ were (17) \_\_\_\_\_ their breath. "And first place, with the highest score, goes to (2) \_\_\_\_\_ and (3) \_\_\_\_\_'s Summer Garden Soup!!!" They were so happy that they (18) \_\_\_\_\_ all day long!



Word Blank #1

# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

Apple  
Banana  
Broccoli  
Carrots  
Celery  
Eggplant  
Grapes  
Kiwi  
Orange  
Papaya  
Pear  
Peas  
Squash  
Yams

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

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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How will you eat this vegetable? (As a snack, with dip, or for lunch.)

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Adapted from

Team Up At Home Team Nutrition Activity Book

# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more \_ \_ \_ \_ , \_ \_ \_ \_ \_



and whole grains

2. Eat foods lower in solid \_ \_ \_



3. Get your \_ \_ \_ \_ \_ rich \_ \_ \_ \_ \_



4. Be \_ \_ \_ \_ \_ \_ \_ \_ \_ \_



## Code

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

# WORD SCRAMBLE-WHOLE GRAINS

## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--

4

--	--	--	--	--

11

3

--	--	--	--	--

8

TEAMALO

--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--

5

--	--	--	--	--

9

--	--	--	--	--	--

1

--	--	--

1 2 3

--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--	--

9 10 11 12 13 14

Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat  
whole wheat bread, oatmeal, whole grain barley



# MyPlate tips for kids



## 10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!  
Below are some quick ideas that you can make on your own.

### 1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



### 2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

### 3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



### 4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

### 5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

### 6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



### 7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

### 8 freeze your fruit

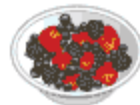
For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

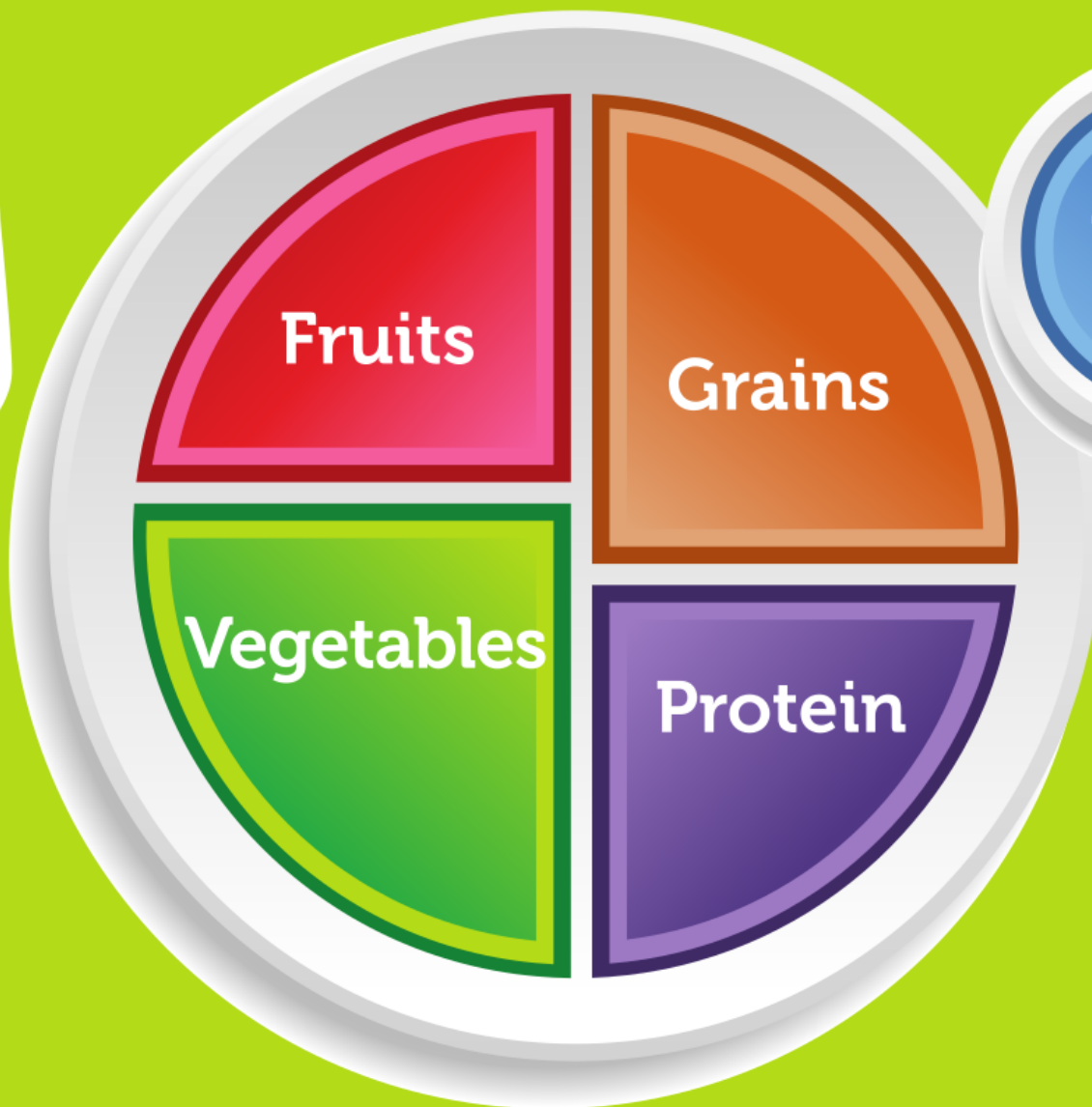
### 9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

### 10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.

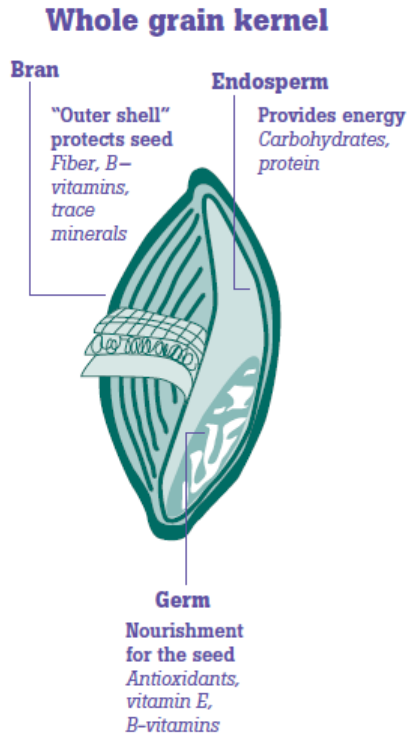





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# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.





## Some Examples of Whole Grains:

brown rice 

buckwheat

bulgur (cracked wheat)

oatmeal 

popcorn 


whole-wheat cereal


muesli

whole-grain barley

whole-grain cornmeal

whole rye

whole-wheat bread 

whole-wheat crackers 

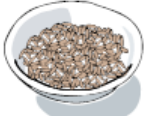
whole-wheat pasta

whole-wheat sandwich buns and rolls

whole-wheat tortillas

wild rice

whole cornmeal

shredded wheat cereal 

## Whole Grain Tips— Check the ones you already do:

- ☐ Choose a whole grain, such as oatmeal, when you have hot cereal.
- ☐ Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- ☐ For a change, try brown rice or whole-wheat pasta.
- ☐ When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- ☐ Eat whole-grain crackers.
- ☐ Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

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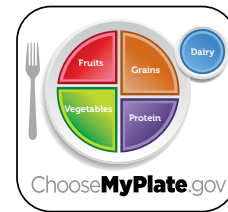


# 10 tips

Nutrition Education Series



## eat smart and be active as you grow



### 10 healthy tips for teen girls

**Young girls, ages 10 to 19, have a lot of changes going on in their bodies.** Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

#### 1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



#### 2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

#### 3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



#### 4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



#### 5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

#### 6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

#### 7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

#### 8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



#### 9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

#### 10 everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**