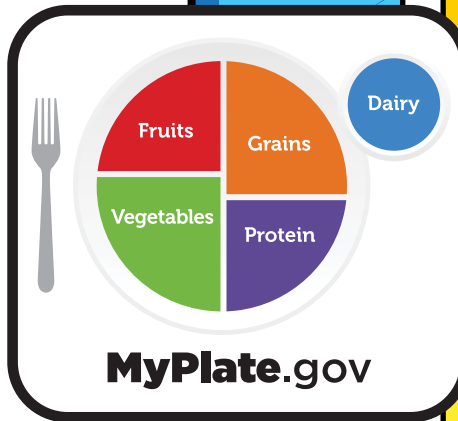


STRONGER WITH SCHOOL MEALS!

Making healthy food choices can help you:

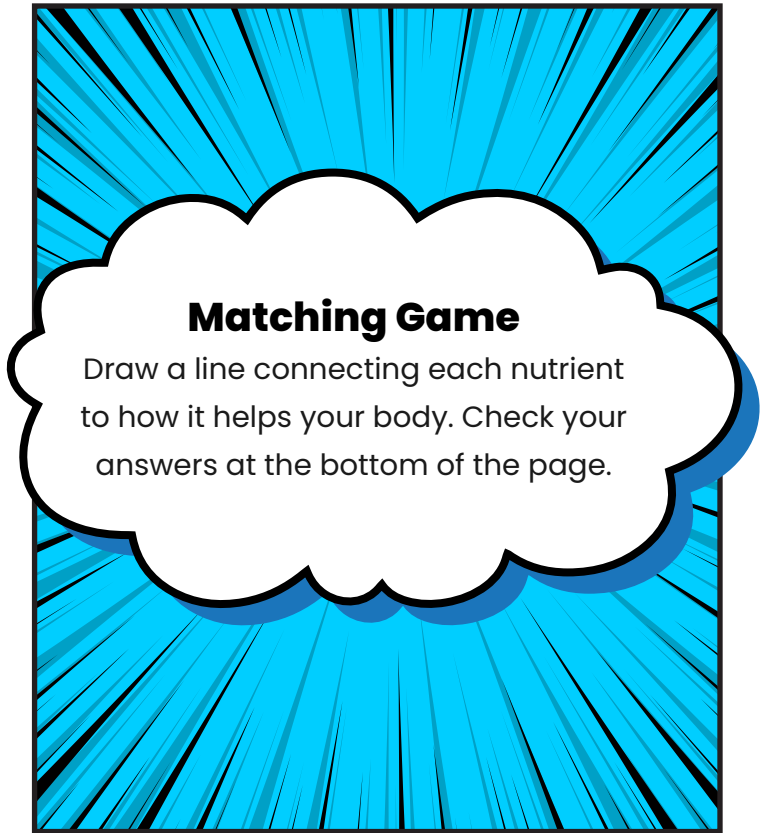
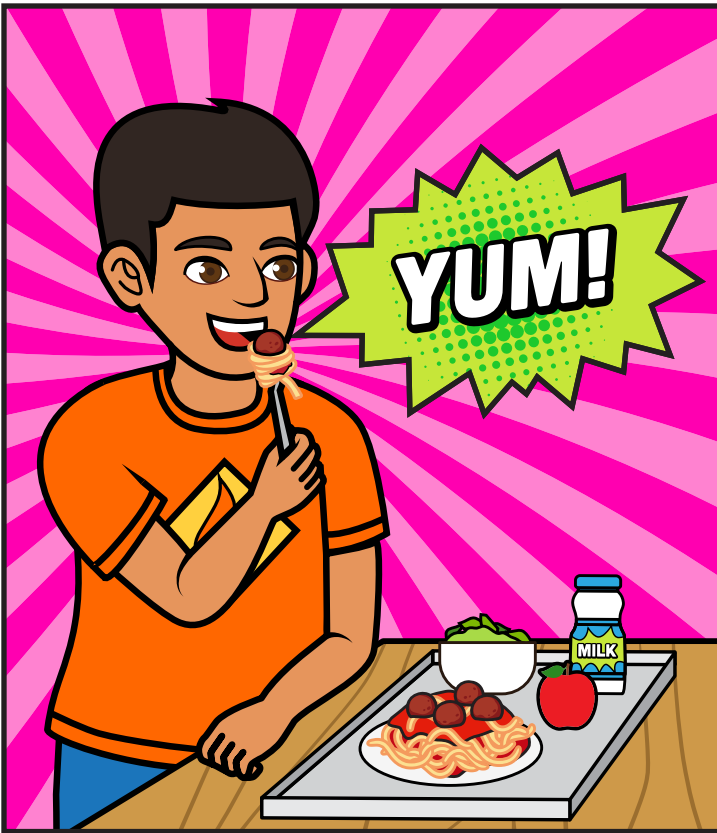
- Stay well
- Play hard
- Learn
- Grow strong

Choose foods from each of the five MyPlate food groups to get the nutrition you need.



Don't forget to wash your hands before eating!





Matching Game

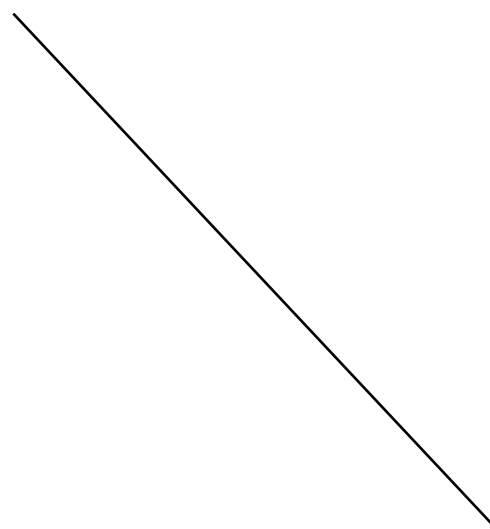
Draw a line connecting each nutrient to how it helps your body. Check your answers at the bottom of the page.

Nutrient

- Calcium
- Carbohydrate
- Fiber
- Iron
- Omega-3 Fatty Acid
- Potassium
- Protein
- Vitamin A
- Vitamin C

Role


























- Wound Healing
- Poop Regularly
- Muscle Builder
- Heart Health
- Healthy Blood
- Infection Fighter
- Brain Energy
- Bone Strengtheners
- Blood Pressure Regulator



School Meal Bingo

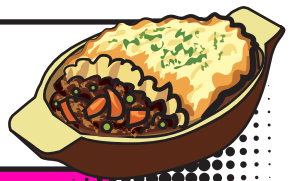
Mark a square each time you try a food at school lunch or breakfast. If you have an allergy or do not eat one of these foods for religious reasons, write in a different food for that square.

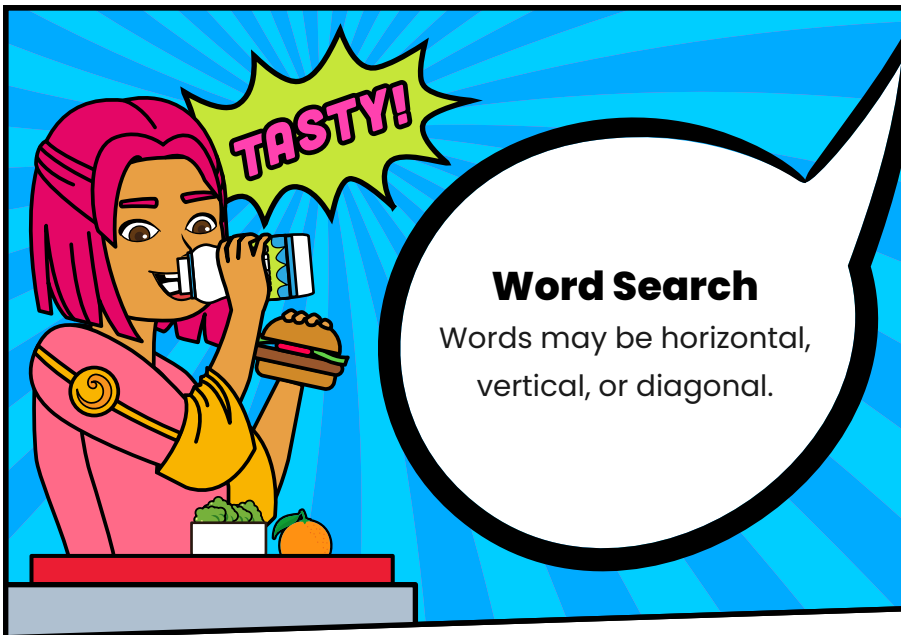


 Milk or Soy Milk	 Tortilla	 Egg	 Pear	 Sweet Potato
 Broccoli	 Tomato	 Apple	 Sunflower Seed / Soy Nut Butter	 Bread
 Fish	 Jicama or Celery	 Cheese	 Orange	 Cauliflower
 Beans	 Peaches	 Carrot	 White Potato	 Green Beans
 Noodles	 Hamburger or Veggie Burger	 Yogurt	 Salad	 Corn

Did you know?

Beef Shepard's Pie was the United States Department of Agriculture's most downloaded school meal recipe in School Year 2020-2021. What's your favorite?



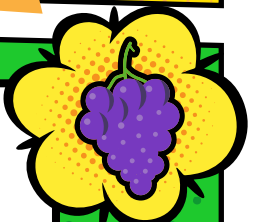


Word Search
 Words may be horizontal,
 vertical, or diagonal.

YUMMY!

- Lunch
- Eaten
- Sandwich
- Strong
- Breakfast
- Yummy
- Burrito
- Together
- Snack
- Smoothie
- Full
- Friends

STRONG!



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

