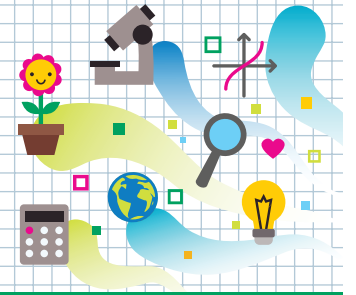




# HEADS IN, HEARTS IN

## Hunt for Nutrition

### Instructions for Set-Up



### Supplies

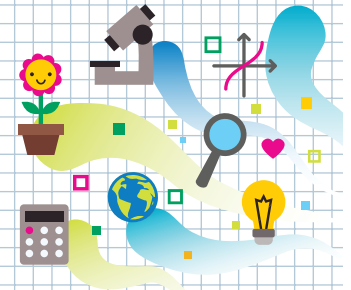
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Food Group Count” handout
- “Food Groups” handout
- Tape
- Dry erase crayons
- Cleaning cloth
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print several copies of the “Food Group Count” handout. Laminate or place in a clear plastic sleeve.
- ▶ Print a copy of the “Food Groups” handout on durable paper or laminate. Cut apart.
- ▶ Using the tape, hang the pictures from the “Food Groups” handout around the room in no particular order.
- ▶ Set up the display table with necessary supplies.



# HEADS IN, HEARTS IN



## Hunt for Nutrition Guide for Families

### Learning Objectives

#### What you need to know:

Good nutrition is essential for a healthy lifestyle. Encouraging good eating habits at an early age will establish healthy eating in the future. Good nutrition, when paired with physical activity, helps to reduce chronic disease, maintain an ideal weight and promote a healthy lifestyle.

Poor eating habits in early childhood will continue through adolescence and adulthood, leading to a risk for **obesity, diabetes and heart disease**. Unhealthy diets and inconsistent eating habits contribute to the cause of many health problems later in life.

To have a balanced diet you need to eat foods from each of the food groups: protein, dairy, fruits, vegetables and grains. The United States Department of Agriculture (USDA) recommends

a specific amount of food from each food group each day depending on your calorie level. The USDA recommends that children should consume the amounts per day given in the following table (based on a 1,000–1,600 calorie diet):

#### Youth Healthy Eating Recommendations

Food group	Amount per day (or daily amount)
Grains	4–6 oz.
Protein	3–5 oz.
Fruits	1–1½ cups
Vegetables	1½–2 cups
Dairy	2–3 cups

#### What you will do and learn:

You will begin to identify the five food groups, which include the fruits, dairy, grains, vegetables and protein food groups. You will also categorize each food that you find into one of the food groups.

### Instructions

1. Take a “Food Group Count” handout and a dry erase crayon.
2. Go around the room and look at the food pictures on the wall. As you go, make a checkmark in the box in the column of the food group that you find. (For example, if you see a picture of an apple, make a checkmark in the “Fruits” column.)
3. You should find 4 grains, 2 vegetables, 2 fruits, 2 dairy items and 2 protein items (meat, poultry and eggs).
4. When you have located the correct number of servings for each food group, return to the table and erase your markings on the “Food Group Count” handout.

# Hunt for Nutrition

## Food Group Count Handout

As you walk around the room and look at the pictures, make a checkmark in the box in the column of the food group that you find. You should find 4 grains, 2 vegetables, 2 fruits, 2 dairy items and 2 protein items (meat, poultry and eggs).

**Grains**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------

**Vegetables**

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

**Fruits**

<input type="checkbox"/>	<input type="checkbox"/>
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**Dairy**

<input type="checkbox"/>	<input type="checkbox"/>
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**Protein**

<input type="checkbox"/>	<input type="checkbox"/>
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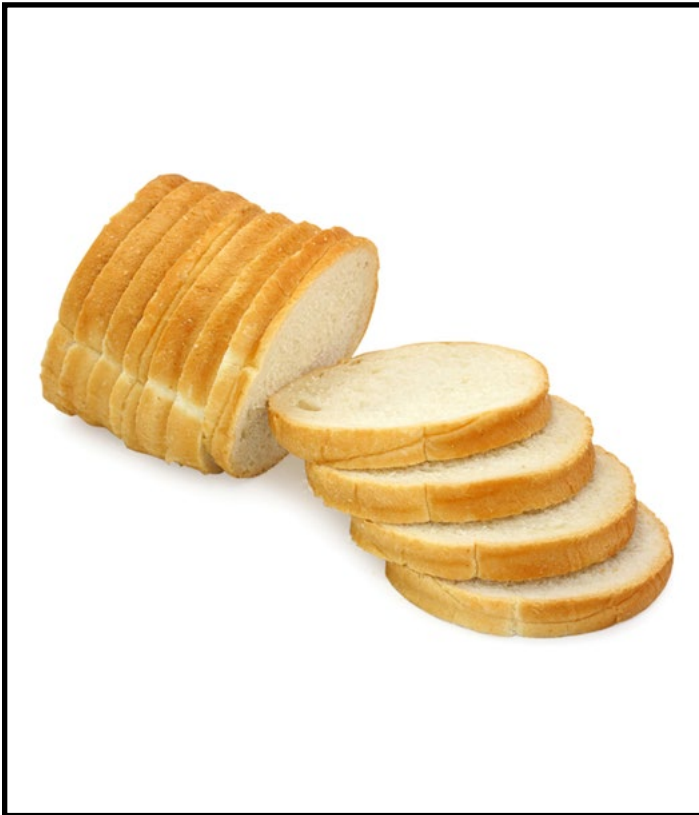
# Hunt for Nutrition

## Food Groups Handout



# Hunt for Nutrition

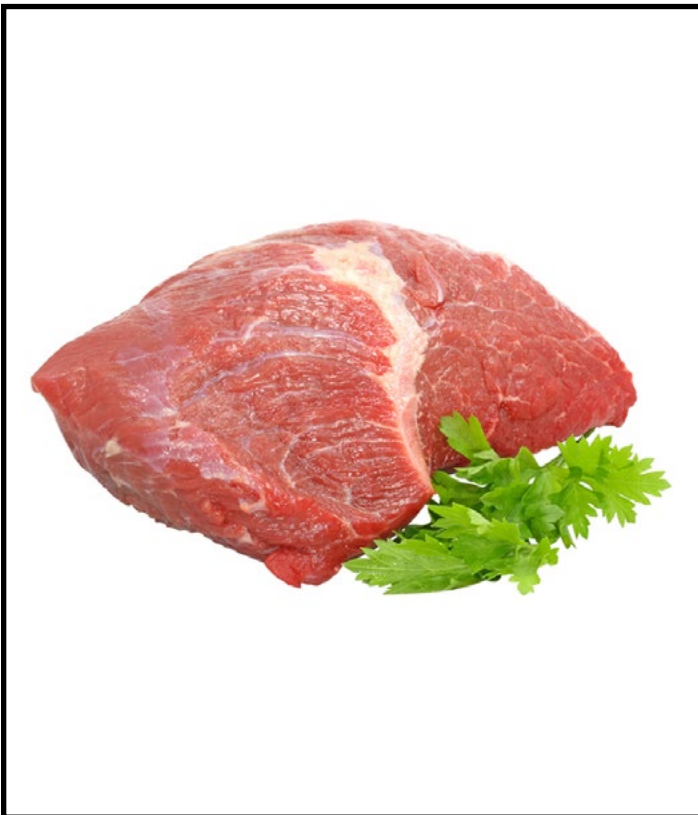
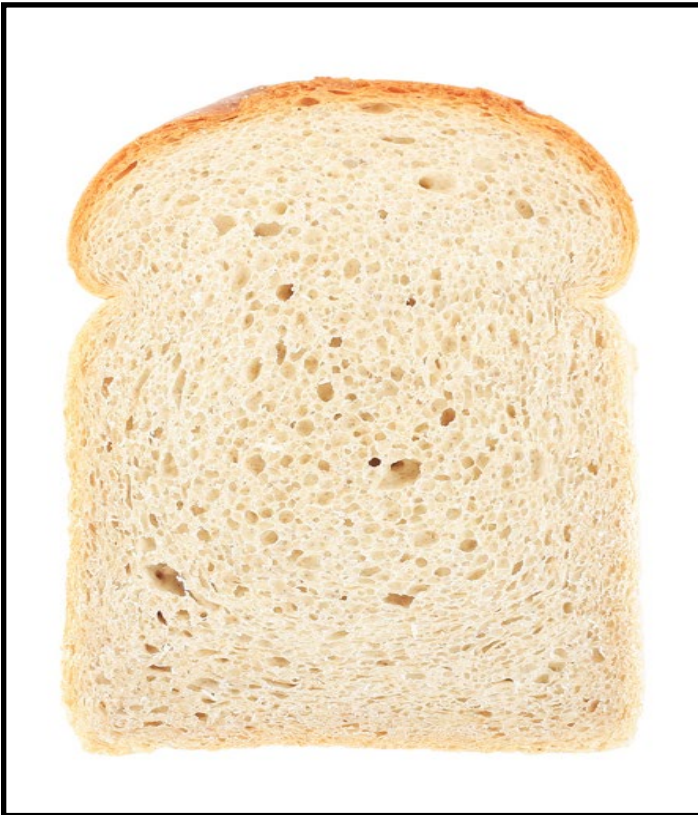
## Food Groups Handout, continued



Photos © iStock.com

# Hunt for Nutrition

## Food Groups Handout, continued



# Hunt for Nutrition

## Food Groups Handout, continued



Photos © iStock.com

# Hunt for Nutrition

## Food Groups Handout, continued





# Hunt for Nutrition

## Food Groups Handout, continued



# Hunt for Nutrition

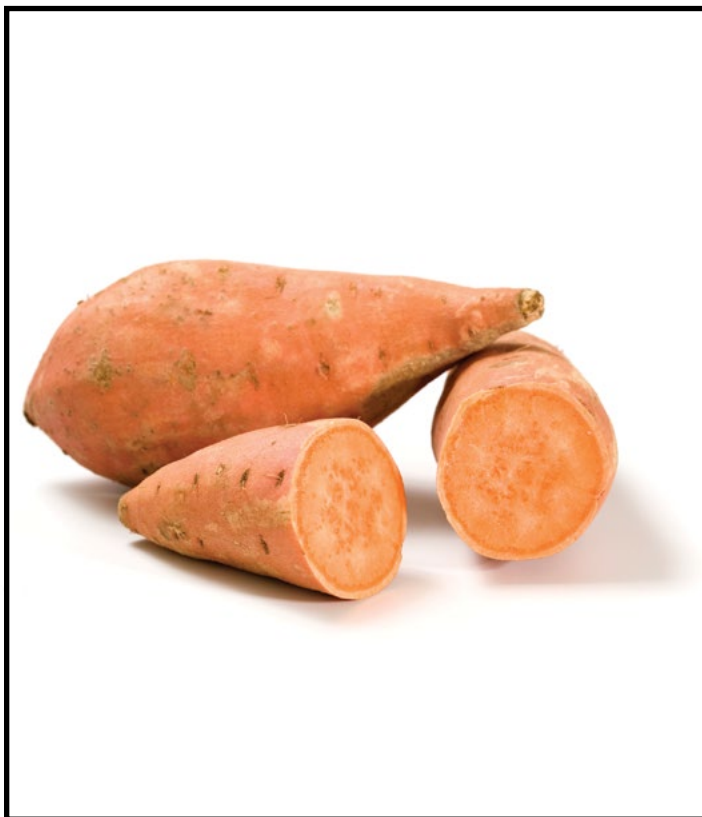
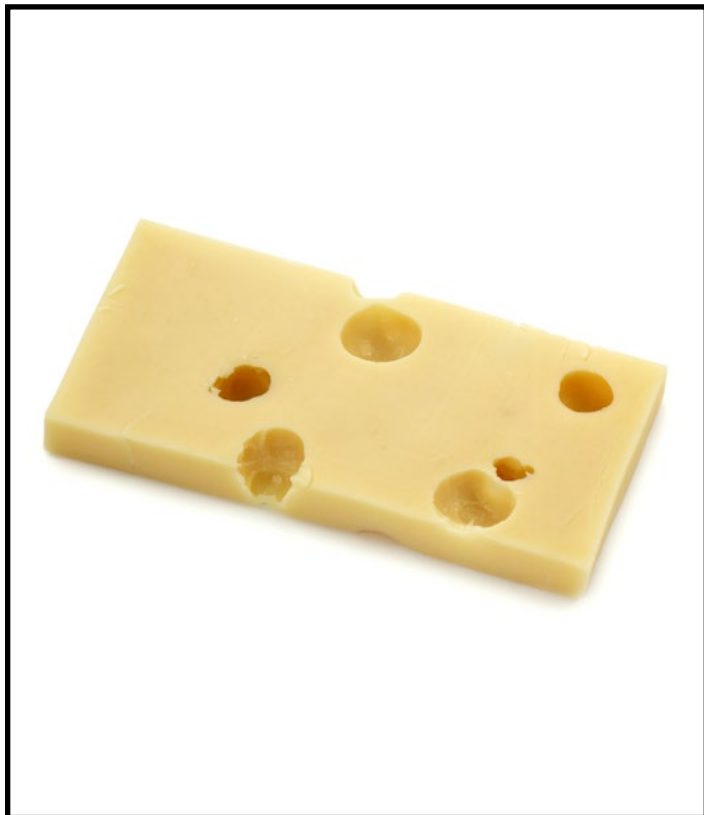
## Food Groups Handout, continued



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# Hunt for Nutrition

## Food Groups Handout, continued



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# Hunt for Nutrition

## Food Groups Handout, continued



# Hunt for Nutrition

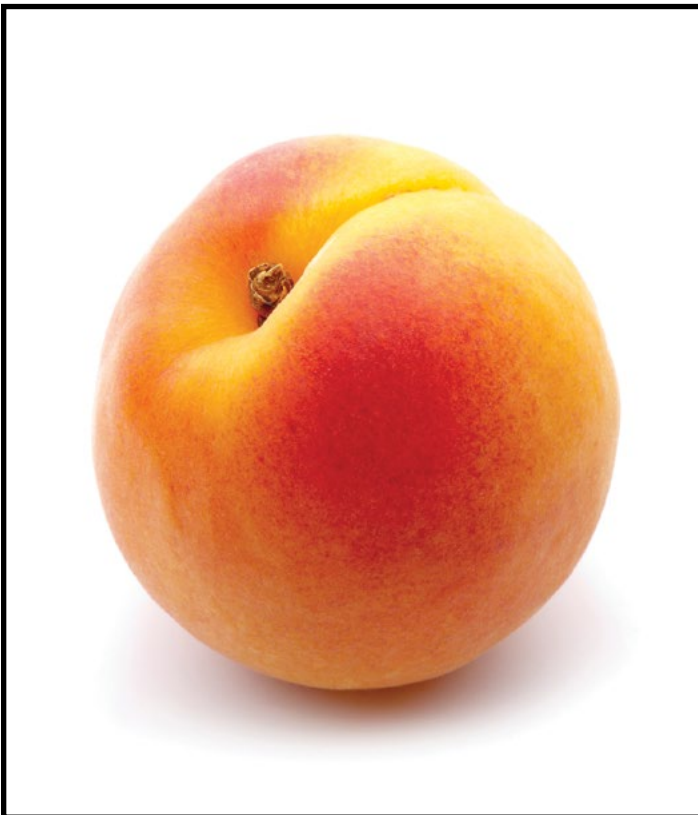
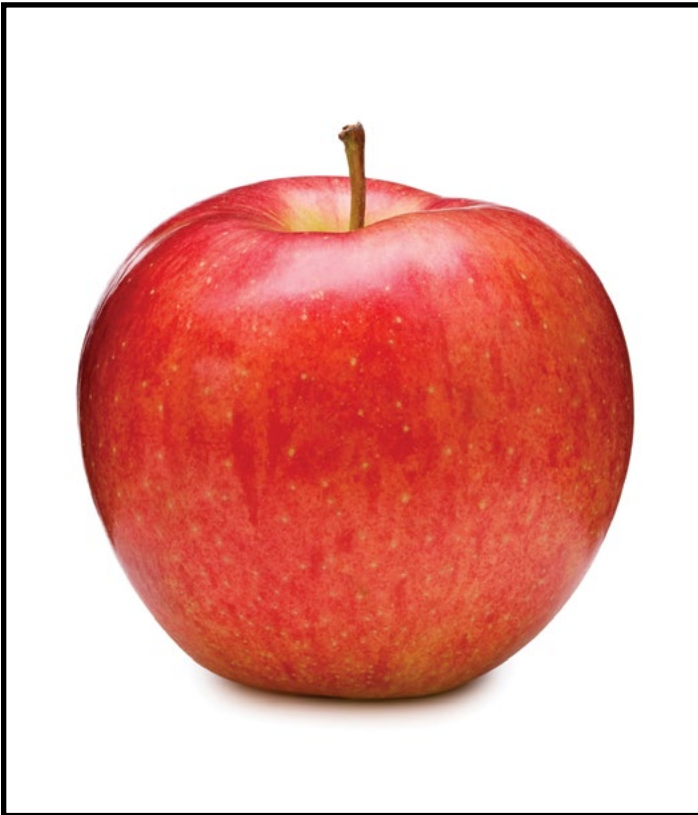
## Food Groups Handout, continued



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# Hunt for Nutrition

## Food Groups Handout, continued



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# Hunt for Nutrition

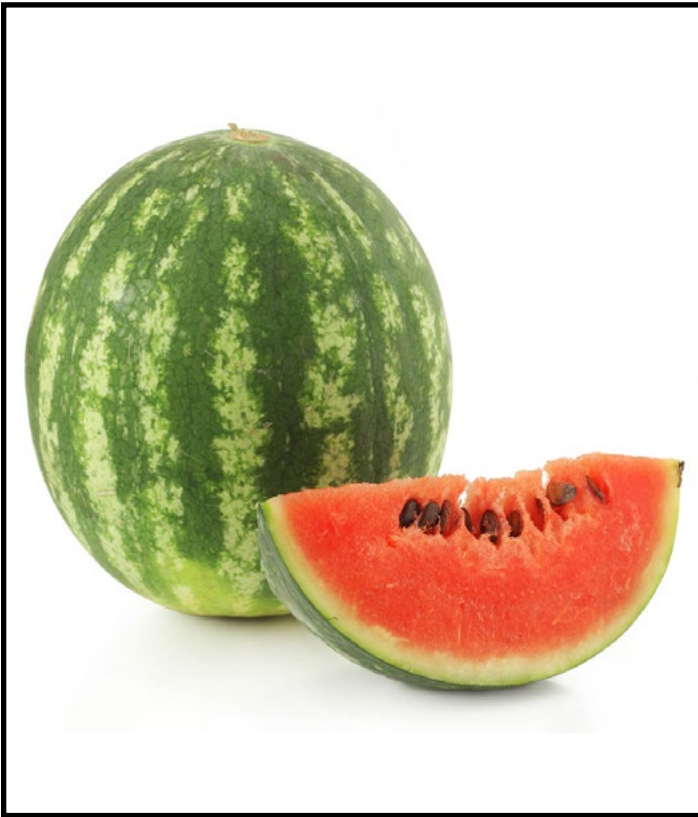
## Food Groups Handout, continued



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# Hunt for Nutrition

## Food Groups Handout, continued



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