

# Filling MyPlate

## Directions

For each food group, name the main nutrient(s) it provides, tell how much to eat each day, and list at least 3 examples of healthy foods from that food group. Then answer the questions.

What nutrient(s) does this group provide?

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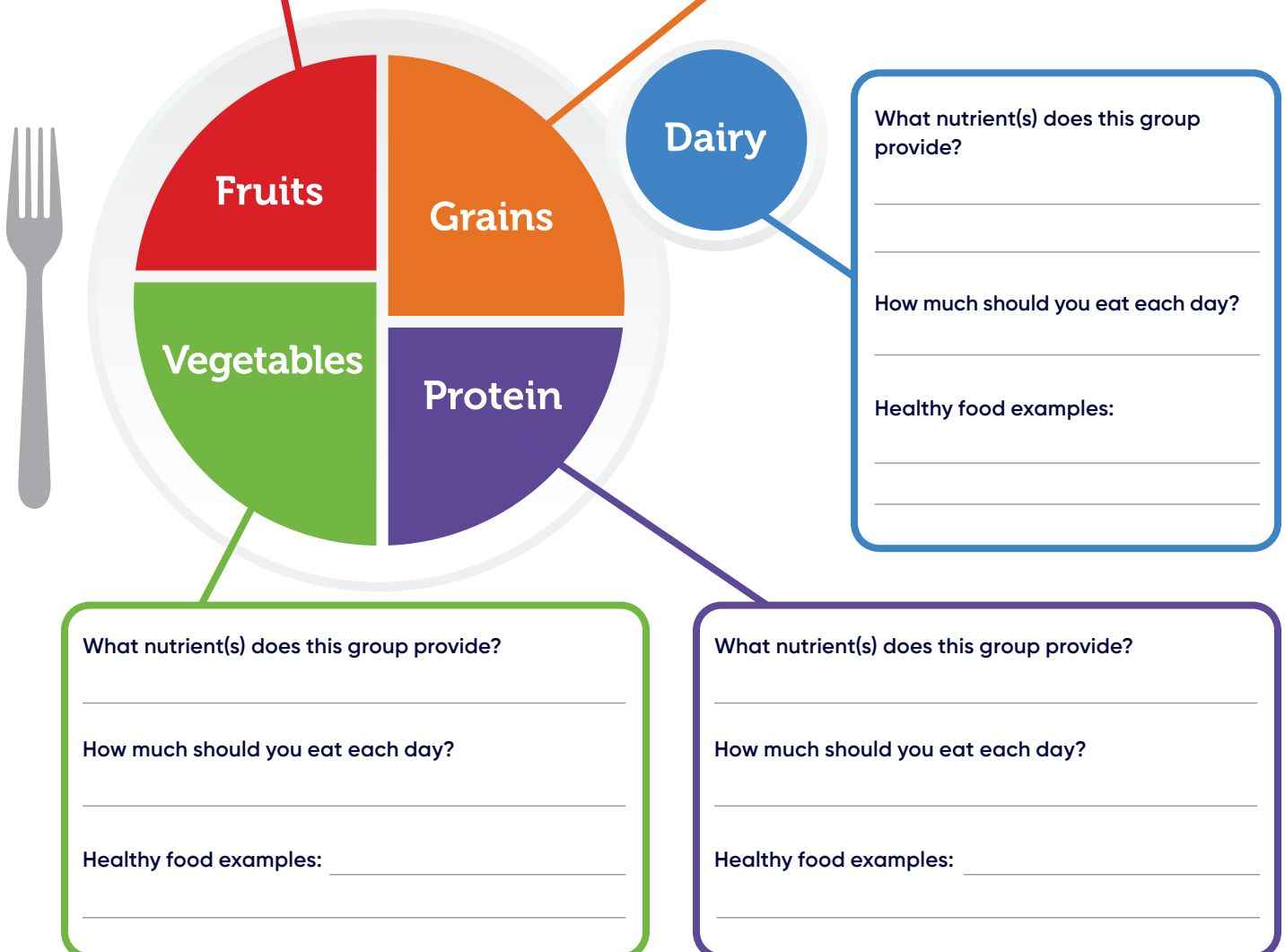
## How much should you eat each day?

Healthy food examples: \_\_\_\_\_

What nutrient(s) does this group provide?

## How much should you eat each day?

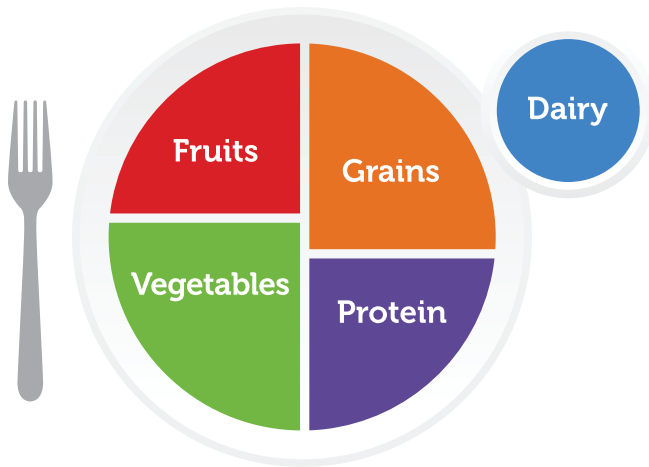
Healthy food examples: \_\_\_\_\_



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## Fruits

What nutrient(s) does this group provide?

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How much should you eat each day?

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Healthy food examples:

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## Vegetables

What nutrient(s) does this group provide?

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How much should you eat each day?

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Healthy food examples:

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## Grains

What nutrient(s) does this group provide?

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How much should you eat each day?

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Healthy food examples:

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## Protein

What nutrient(s) does this group provide?

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How much should you eat each day?

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Healthy food examples:

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## Dairy

What nutrient(s) does this group provide?

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How much should you eat each day?

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Healthy food examples:

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# What I Know About Nutrients

## Directions

Match the nutrient to its main function in the body. Then answer the questions based on what you've learned about nutrients.



- |                     |   |
|---------------------|---|
| _____ Carbohydrates | <b>A.</b> Make skin, muscle and bone, and repair damaged tissue.                      |
| _____ Fats          | <b>B.</b> Control body processes, including digestion, healing and energy production. |
| _____ Proteins      | <b>C.</b> Insulate against cold and protect internal organs.                          |
| _____ Vitamins      | <b>D.</b> Provide the body's most important source of energy.                         |
| _____ Minerals      | <b>E.</b> Carries nutrients and oxygen throughout the body.                           |
| _____ Water         | <b>F.</b> Contribute to water balance, metabolism, and nerve and muscle function.     |



## 1. What are 2 foods that give you each of these nutrients?

Complex carbohydrates:

1. \_\_\_\_\_
2. \_\_\_\_\_

Protein:

1. \_\_\_\_\_
2. \_\_\_\_\_

Healthy fats:

1. \_\_\_\_\_
2. \_\_\_\_\_

Vitamins:

1. \_\_\_\_\_
2. \_\_\_\_\_

Minerals:

1. \_\_\_\_\_
2. \_\_\_\_\_

## 2. Why is it important to drink plenty of water?

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