



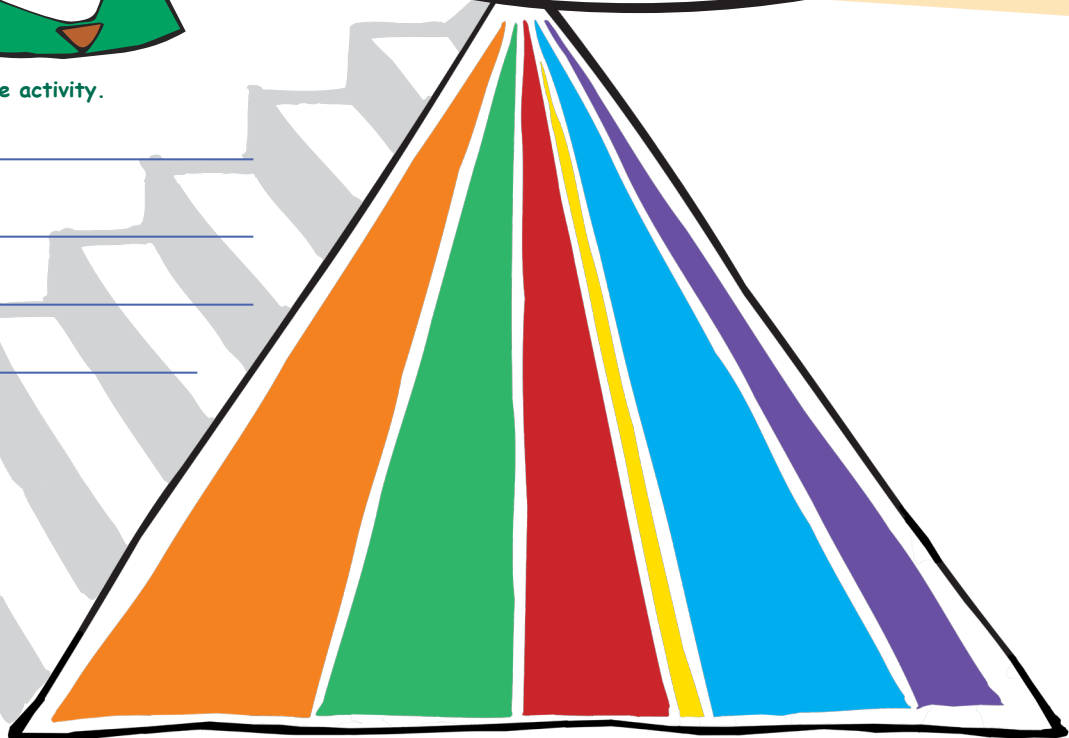
Cloverbuds Cook with Pyramid Chef

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Hi! My name is Pyramid Chef. My job is to teach you how to make a variety of healthy food choices and to encourage you to be active every day. MyPyramid is a guide to healthy eating and encourages kids to move around. Try to eat many different foods from each food group and play your favorite activity every day.

Write down your favorite activity.



List your favorite food in each food group.

Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
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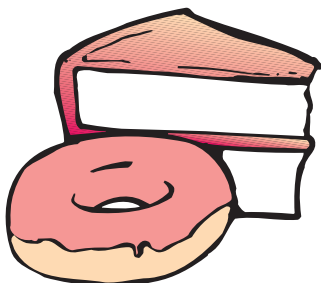


Ruffff Ruffff!

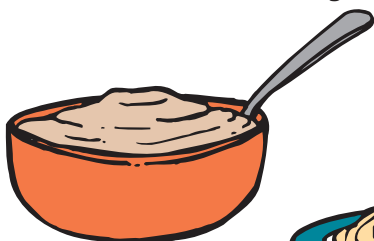
My name is Pyramid Pup. I like to eat a variety of foods from all parts of the Pyramid. I like to make half my grains whole, vary my veggies, focus on fruits and eat 2 to 3 cups of low-fat dairy foods every day! All of these foods help me run and play. Eat healthy foods to help you run and play. They will help also help you grow tall and strong.

What is a Whole Grain?

"Whole-grain" foods are darker in color. They have more fiber and other nutrients than white-grain foods. Some names for whole grains are whole-wheat, whole-grain, corn, and oatmeal. Try to eat at least 3 whole grains each day. Circle the 5 foods that are whole-grain. Hint: Whole grains are darker in color and are chewier than white-grain foods.



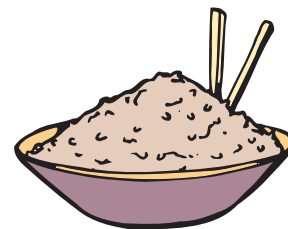
donuts and cakes



oatmeal



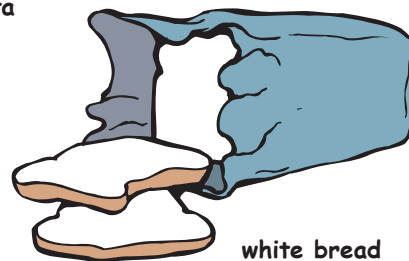
whole-wheat pasta



brown rice



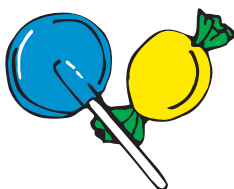
100% whole-wheat crackers



white bread



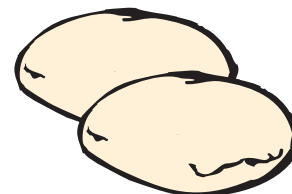
white rice



candy



bran muffins



sugar cookies

(answer: oatmeal, 100% whole-wheat crackers, bran muffins, whole-wheat pasta, brown rice)

BAWK BAWK

Hi! I am Rainbow Parrot. I like to eat lots of colorful foods from the fruits and vegetables groups of MyPyramid. Fruits and vegetables help me keep my feathers bright and are good for my eyes too! Colorful fruits and vegetables have Vitamin A to help you see in the dark. They also have lots of Vitamin C to help protect your body from getting sick. Try to eat a variety of fruits and vegetables every day. What are your favorite fruits and vegetables?



Focus on **fruits!** Vary your **Veggies!**

Find the rainbow of colorful fruits and veggies!

1. Unscramble these fruits and vegetables.

neerg ebnsa

ssuqah

cciloorb

ootamt

rnco

tnaoemrewl

lepap

aecph

iiwk

iniarss

otrrac

egarsp



- Match the outside color of the vegetables and fruits above to the rainbow. Draw a line from each veggie and fruit to its matching color on the rainbow.
- Write the name of 1 of your favorite fruits and vegetables for each color in the rainbow.
- Name 1 new fruit and 1 new vegetable you will try this week!

(answer - across left to right: green beans, tomato, apple, raisins, squash, corn, peach, carrot, broccoli, watermelon, kiwi, grapes)



Hi, kids! I'm Ms. Calcium. I am a mineral. My job is to build strong bones and teeth. I also help your muscles work properly. I am mostly found in dairy foods like milk, yogurt, and cheese. I am also found in other foods, such as broccoli, almonds, and juices with added calcium. Make no bones about it! Eating 2 to 3 servings of dairy foods gives you calcium. Give it up for calcium!

Got Chocolate Milk? Did you know that flavored milk is just as good for you as white milk? Well, it is! It's a great way to get your calcium



CHOCOLATE
got milk?

Kids 2 to 8 years old need 2 servings from the dairy group each day. Kids 9 years old and older need 3 servings from the dairy group each day. Your mom and dad need 3 servings a day, too.

What are your favorite dairy foods?

Write or draw 3 dairy foods below.

Two vertical lines for writing or drawing.



Build a Pyramid Beef Burrito

Choose your favorite bread, beef or beans, and seasonal vegetables to make your burrito.

Suggested Ingredients:

- shredded carrots
- chopped broccoli
- chopped tomato
- thinly sliced green onions
- lean ground beef
- 7-inch tortilla
- canned pinto beans (drained)
- shredded low-fat cheddar cheese
- nonfat ranch salad dressing or low-fat sour cream

Cooking with Pyramid Chef

Directions:

Adults Must:

- Chop and shred vegetables.
- Open the can of beans.
- Cook the beef and drain fat.

Kids Can:

- Wash and scrub vegetables under cold running water.
- Combine chopped and shredded vegetables with salad dressing or sour cream in a mixing bowl.
- Drain canned pinto beans. Mash the pinto beans with a fork until they are rather smooth like a dip.



Now build your burrito pyramid by choosing foods from all food groups in MyPyramid.

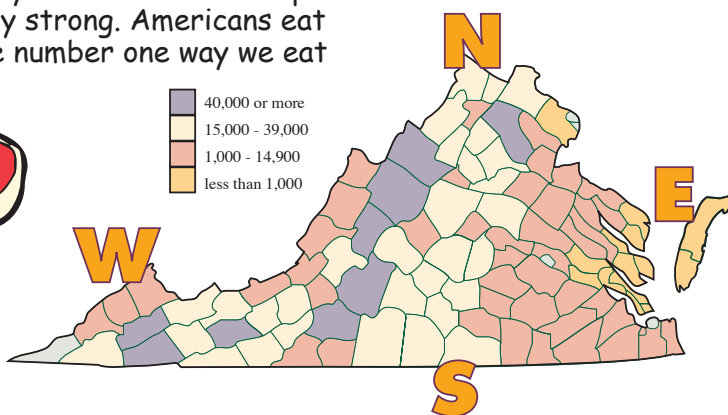
1. Lay tortilla flat on a plate. (Grains Group)
2. Spread the beans and the beef on the tortilla. (Meat and Beans Group)
3. Add vegetable mixture. (Vegetables Group)
4. Add cheese. (Dairy Group)

Wrap each tortilla around the food mixture. Fold the bottom in before rolling up the sides. This prevents food from falling out of the bottom. Ready to eat or heat in the microwave for 30 seconds.

5. Drink a glass of 100% apple or orange juice (Fruits Group) to complete your pyramid meal/snack.




Raising Beef Cattle In Virginia

Raising beef cows is a big farming business in Virginia. Grass grows all over Virginia, and cows love to eat grass. Between 675,000 to 750,000 beef cows eat grass on about 23,000 Virginia farms. A beef cow produces at least 400 pounds of lean, tasty beef. Beef provides protein to build and repair your body. Beef also provides your body with iron which helps carry oxygen to your cells and keep your body strong. Americans eat more ground beef than steaks or roasts. The number one way we eat ground beef is as hamburgers.



Cow College

Test your knowledge! Answer each question.

1. Circle the area on the map where you live. Is it in the north, south, east, or west of Virginia?
2. Does your area of Virginia raise beef cattle? Yes or No.
3. What is a cow's favorite food? 
4. One beef cow will produce how many pounds of beef? 200 400 600 
5. Kids' favorite beef food is a  _____.

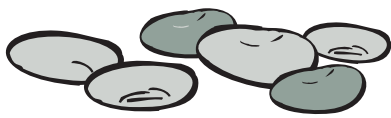
How does your garden grow?

Families and farmers grow vegetables. Many acres of tomatoes, bell peppers, beans, and greens are grown on Virginia farms. Most vegetable farms are in the eastern part of Virginia. Does your family have a vegetable garden? What veggies do you grow in your garden?

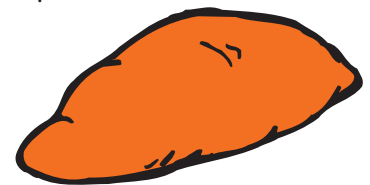


What part of the plant are you eating?

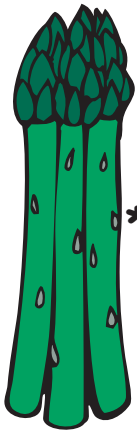
We eat the seeds, stems, roots, leaves, flowers, and fruits of plants. Draw a line connecting the vegetable pictures to the correct part of the plant.



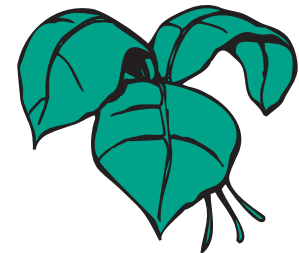
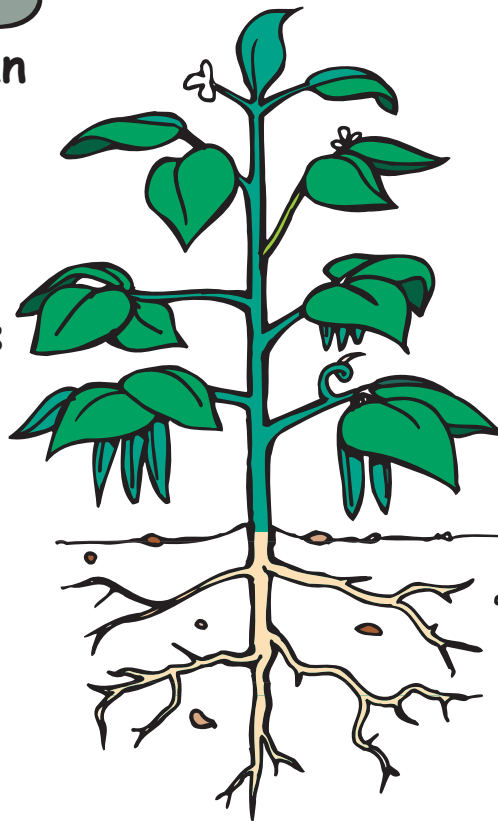
* Lima Bean



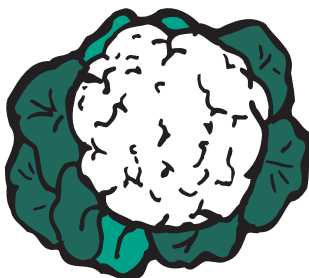
* Sweet Potato



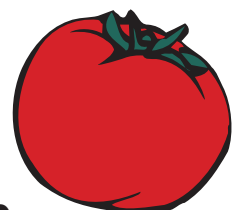
* Asparagus



* Spinach



* Cauliflower



* Tomato

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Answers: Seeds: Lima bean; Stems: Asparagus; Flowers: Cauliflower; Roots: Sweet Potato; Leaves: Spinach; Fruit: Tomato.