### Introductory Panel

Design a meal that includes all of the food groups listed on the introductory panel.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Grains</th>
<th>Meat and Beans</th>
<th>Milk</th>
<th>Healthy Oils</th>
</tr>
</thead>
</table>

Which two groups are especially good sources of vitamins and minerals?

### Veggie Power

List or draw 2–3 different fruits and 3–5 different vegetables that you would like to try eating. Pick at least five different colors of fruits and vegetables.

How many did you list or draw?

Fruits and vegetables:

According to scientists, what are some of the health benefits of eating a variety of fruits and veggies every day?

### Reading Labels

Here’s a nutrition fact label for a bag of pretzels.

**Pretzels**
- Serving Size: 1 oz.
- Servings Per Container: About 16
- Amount Per Serving
- Calories: 110 Calories from Fat 10
- Total Fat: 1g (2%)
- Sat Fat: 0g (0%)
- Trans Fat: 0g
- Cholesterol: 0mg (0%)
- Sodium: 450mg (19%)
- Total Carbohydrate: 23g (8%)
- Dietary Fiber: 1g (4%)
- Sugars less than 1g
- Protein: 2g
- Vit A: 0%  
  Vit C: 0%
- Calcium: 0%  
  Iron: 6%

**Ingredients:** Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Syrup, Corn Oil, Yeast, Malt Extract, Sodium Bicarbonate, Ammonium Bicarbonate, and Artificial Flavor.

Name one product in the “Reading Labels” exhibit that has the same serving size as the pretzels.

Name one product in the exhibit that has more fiber per serving.

Name one product in the exhibit that has more Vitamin C per serving.

Name one product in the exhibit that has less sodium per serving.
Hunger Signals
Describe a time in the game when it was a good idea to have a snack. Fill in the hunger and feelings meters.

Describe a time from your life when you felt good about having a snack. Fill in your hunger and feelings meters.

Fuel Your Body
What did you have for breakfast this morning? List everything that you remember.

Play the Fuel Your Body game, choosing foods and drinks that best match your breakfast. Mark your choices here:

- juice
- pancake or waffle
- pastry
- whole-wheat toast
- yogurt
- corn tortilla
- rice
- fruit or fruit jam
- coffee
- sweetened cereal
- oatmeal or whole grain cereal
- cheese
- egg
- milk
- beans or soybeans

How far did your racecar go?

Now try to make a healthy breakfast to get your racecar to the finish line. Mark your choices here:

- juice
- pancake or waffle
- pastry
- whole-wheat toast
- yogurt
- corn tortilla
- rice
- fruit or fruit jam
- coffee
- sweetened cereal
- oatmeal or whole grain cereal
- cheese
- egg
- milk
- beans or soybeans

What did you change to make your breakfast healthier?

Extra Credit
Choose one interesting fact from the Every Body Eats exhibit and prepare a trivia question to “stump” your class or family. (Be sure to write down the answer so that you remember it!)

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