

Week 2: Food Groups

What are food groups?

A food group is a collection of foods that share similar nutritional properties. Nutrition guides typically divide foods into food groups and recommend daily servings of each group for a healthy diet. There are five food groups. The five groups are vegetables, fruits, grains, dairy, and a protein group which includes meat, poultry, fish, and nuts. There is also fats and oils (junk food) that isn't considered healthy even though it may be the most popular.

What sorts of items are in the vegetable group?

Spinach	Peppers
Carrots	Broccoli
Onions	Beans



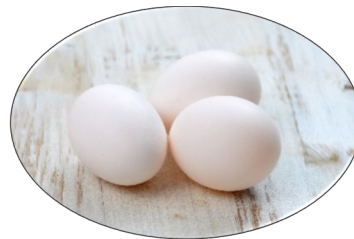
What can we find in the fruit group?



Apples	Oranges
Bananas	Berries
Lemons	Tomatoes

What is in the meat and protein group?

Chicken	Fish
Turkeys	Pork
Beef	Beans
Eggs	



What is in the dairy group?

Milk	Cheese
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What is in the bread/wheat group?

Cereals

Bread

Pastas

Some foods like nuts and beans are in two food groups. Why? Think about it, nuts have oils in them, and they are full of protein. Beans are a vegetable but also full of protein.

The USDA suggests daily servings of each food group to maintain a healthy diet and lifestyle.

Activity: Make a table containing a column for each food group. Find images online, old magazines, and/or newspapers. Cut out images and paste in correct food group.

SAMPLE

Week 3: USDA's MyPlate Recommendations . . . and What They Mean

What is the first key to eating healthy? If you guessed “variety,” you’re right! If you eat foods, or even drink liquids, from each food group, you will develop a very healthy eating style. Think about this as you think of what you are going to eat for your meals, as well as snacks.

What are the main food groups that will keep you healthy? Well, we can break them down in to five groups.

Do you know what those groups are? Let’s start with one of the more fun groups to eat . . . **fruits!**

- ◆ What are whole fruits? Whole fruits are fruits that are fresh, frozen, dried, and canned.
- ◆ Can you name just a few of your favorite fruits? I love strawberries dipped in whipped cream.
- ◆ What do you like? Some of you might like apples, oranges, peaches, blueberries, bananas, grapes, or pears, and this is just to name a few

Now let’s talk about those yummy . . . **veggies**. Some of you may not like vegetables as much as you do fruits, but believe it or not, they are equally as important, if not more important than your fruits. Your vegetables can actually be put into five different groups. First is your dark greens (like spinach), red and orange vegetables, legumes (beans and peas), starchy vegetables (like potatoes), and all other vegetables.

Next are our . . . **grains**. These are important because many of grains contain fiber (white bread products are not good sources). Fiber helps to move food through our intestines. They also contain some vitamins and minerals that aren’t found in other food groups.

Our next group is . . . **protein**. This group contains eggs, meat, poultry (chicken and turkey) and seafoods (shrimp, crab, and lobster). This protein group also includes plant sources like beans, nuts, and seeds (sunflower seeds, pistachios, cashews, and walnuts), and many more.

Lastly, our **dairy** group . . . the first food in this group we all probably think of is milk. There are different kinds of milk—raw cow’s milk, vitamin D whole milk, 2% milk, 1% milk, skim milk, almond milk, soy milk, and so many flavors to choose from. Then there are yogurts and cheeses as well.

Let’s think together what we want our bodies to be. The Bible tells us that our body is the “temple of the Holy Spirit” 1 Cor. 6:19-20. Isn’t now a good time to think of this while we are young and healthy so that we are pleasing to God?

Activity:

- ◆ <https://www.myplate.gov/life-stages/kids> — “Have Fun with Fruits and Vegetables Word Search”
- ◆ <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/videos-songs> — Healthy Snack Videos