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What Is Nutrition?

Food should taste good when we eat! But it should also have “nutrients.” Nutrients are building blocks that keep your body strong. They are healthy. You need them to heal when you get sick, to grow and to stay alive. Vitamins and minerals are some of the nutrients found in food. Each one is important for a different reason.

Junk Food

All foods have calories. The calories are fuel for our bodies. But, junk food has empty calories. The calories do not have enough nutrition.

What would happen if an adult put soda in their car instead of gasoline? After some time the car would not work. Soon, it would destroy the car.

That is what happens when we eat too much junk food. We may get diseases that we do not have to get. We destroy our bodies.

Junk food may have too much sugar and fat. The empty calories in the sugar and fats can make your body weigh more than it should. If it does, your whole body has to work harder with the extra weight. Junk foods may have too much salt (another name is sodium). Too much salt is bad for your heart.
Food Groups

Eat these every day:

**Fruit and vegetables**
Eat between 2 1/2 and 4 1/2 cups of vegetables and fruit of every color!

**Grains**
The best grains are whole grains. At least half of your grains should be whole grains. You need between 4-6 servings each day.

**Protein (The meat group)**
Eat lean meats (without too much fat) and chicken. Eat beans, fish and nuts too. Eat 1 to 2 servings each day.

**Dairy**
Eat 2 to 3 cups of foods that come from milk.

**Fats**
You need some fats every day. The best fats come from nuts, fish, vegetable and plant oils. Do not eat too much butter, cream and meat fat. These fats come from animals.

Only 1 out of every 3 calories should be from fats. How many calories do you need? Check on page 11. Can you do the math?
Why are these foods so good?

Many fruit, vegetables and whole grains have a lot of fiber. Fiber makes you feel full even when you don’t eat a lot of calories. Fiber cleans the inside of your body. It is like a big scrub brush!

These foods also have vitamins and minerals. Vitamin A is good for your eyes. Potassium is a mineral. It can keep your heart healthy, and it is good for muscles.

What about dairy (the milk group)?

The milk group includes yogurt, milk and cheese. These foods have a mineral called calcium. Calcium is very good for your bones and teeth. They have protein and potassium also.
Protein (The meat group)

Protein also makes you feel full. Protein is needed for healthy hair, skin and bones. It helps your muscles, blood and organs work like they should.

Here are some high-protein foods!

- Chicken
- Peanut butter
- Beans
- 1 Egg
- Fish

You will need one or two servings of high-protein foods each day.
Fruit Parfait Lesson

Why is a fruit parfait healthy?

Yogurt is part of the milk group. So it has calcium, protein and potassium. But watch out for sugar! Some brands have too much. Yogurt tastes great with fresh Florida fruit and nuts.

Blueberries are good for your eyes, your memory and some infections. They have vitamins and minerals that can keep some people from getting diseases.

Tangerines have very little fat. They do not have any salt. They have potassium and lots of vitamin C.

Oranges have potassium and calcium. They also have a lot of vitamin C and other special vitamins and minerals.

Strawberries also help fight diseases and infections. They have vitamin C and fiber. Vitamin C can help you fight a cold.

All Melons have potassium and vitamin C. Cantaloupes are good for your vision.

Nutrition Question: Why is too much sugar bad for you?
What About Sugar?

Sugar adds extra calories. But it has very little nutrition. Too much sugar can make you fat and rot your teeth. Fruit is the best sweet food because of the vitamins, minerals, and fiber.

You should eat less than 6 teaspoons of sugar each day.

An already cooked or prepared food may have extra sugar. Look at the ingredients on many frozen, canned or packaged foods. Fewer “g”s or grams are better.

Sometimes different names for sugar are used on the food’s label. These are some of those different names:

- Brown sugar
- Corn syrup
- Corn sweetener
- Dextrose
- Fructose
- Glucose
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Syrup

Read the food label on your favorite food from the grocery store. How many different words for sugar do you see?
Pizza can be nutritious if it is made with whole grain flour, tomatoes, and a lot of vegetables. Cheese has calcium but it also has fat calories; do not eat too much. You can also add lean hamburger, chicken or other lean meats for protein.

**Tomato sauce** has potassium. Remember, it is good for muscles and skin. Potassium can also help keep people from getting heart attacks.

**Bell Peppers** have vitamin A, vitamin C and vitamin B6 (red peppers have the most). So bell peppers are good for your eyes, hair and bones, and help fight colds.

**Tomatoes** have vitamin A. Vitamin A helps you see well. Vitamin A keeps hair, bones and skin healthy. Cooked tomatoes have a special ingredient called lycopenes. Lycopene may keep some people from getting cancer.

Mushrooms have lots of healthy minerals. They also fight bacteria.
What are Whole Grain Foods?

Whole grain foods have all of the grain. They have all of the parts of the wheat, corn or rice that you can eat.

When a grain is refined or enriched, some of the endosperm and germ are taken away. Refined or enriched bread is sometimes called white bread.

Foods made from whole grains have much more fiber than foods made with enriched or refined grains. Fiber is good for your intestines (your guts); it is good for your heart. Whole grain breads have more vitamins, minerals and phytochemicals than refined or enriched breads.

Eat between 4 and 6 servings of grains each day. These are one serving each:

- **Whole grain cereal** (not enriched or refined)
  Serving size: 1 cup

- **Whole-wheat bread** (not enriched, refined, white or multigrain)
  Serving size: 1 slice

- **Brown rice** (not white rice)
  Serving size: ½ cup

- **Whole-wheat pasta** (not enriched pasta)
  Serving size: ½ cup

- **Popcorn** (without butter and salt)
  Serving size: 3 cups

- **Oatmeal** (all oatmeal is wholegrain)
  Serving size: ½ cup

- **Whole-wheat crackers** (not enriched crackers)
  Serving size: 5-8 crackers
How much is a cup?

One whole fruit or vegetable is the same as 1 cup.

These also count as 1 cup:

- 1 small glass of orange juice, tomato juice or apple juice
- 2 cups of salad greens, lettuce or spinach
- ½ cup of dried fruit like raisins, or dried apples
- 12 baby carrots
- 1 slice of watermelon
- 2 stalks of celery
- 8 large strawberries
- 1 cup of cooked beans or peas
- 1 cup of most vegetables or fruit diced (Diced means cut into little pieces)
What Your Body Needs:

If you move around a lot, that is called being active. If you sit or lie down more than you move around, you are less active.

Less active children need 1,200 calories each day.

Active children should eat enough food to get up to 2,000 calories each day.

Fruit, Vegetables and Calorie needs

How old are you?  Are you a boy or a girl?  Look at the chart below. Find out how many servings of fruit and vegetables you need. Find out how many calories you need.

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Age</th>
<th>Fruits (cups)</th>
<th>Veggies (cups)</th>
<th>Calories needed each day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GIRLS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less active</td>
<td>4-8</td>
<td>1</td>
<td>1½</td>
<td>1,200</td>
</tr>
<tr>
<td>Average active</td>
<td>4-8</td>
<td>1½</td>
<td>2</td>
<td>1,400-1,600</td>
</tr>
<tr>
<td>Very active</td>
<td>4-8</td>
<td>1½</td>
<td>2½</td>
<td>1,400-1,800</td>
</tr>
<tr>
<td><strong>BOYS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less active</td>
<td>4-8</td>
<td>1</td>
<td>1½</td>
<td>1,400</td>
</tr>
<tr>
<td>Average active</td>
<td>4-8</td>
<td>1½</td>
<td>2</td>
<td>1,400-1,600</td>
</tr>
<tr>
<td>Very active</td>
<td>4-8</td>
<td>2</td>
<td>2½</td>
<td>1,600-2,000</td>
</tr>
</tbody>
</table>
Cut out the **foods** below, and paste them on the **correct Food Group shape** on your plate!
Fill Up Your Plate with Good Foods!

Cut out the foods at right and left, and paste them on the correct Food Group shape! Ask your teacher if you are correct!

EXAMPLE: A Tangerine is a Fruit, so it would go on the Fruit Group shape!
Cut out the foods below, and paste them on the correct Food Group shape on your plate!

Whole-Wheat Cereal  Cucumber  Orange Juice  Whole-Wheat Pasta
Peanut Butter  Watermelon  Sliced Fish  Yogurt
Tangerine  Egg  Ear of Corn  Popcorn
Cabbage  Sliced Peppers  Cheese  Oatmeal
You need 3 cups of dairy foods. You drank one glass of milk today. What else do you need to eat or drink to get enough dairy?

You need 2 cups of vegetables. You ate 2 cups of salad greens today. What else do you need to eat to get enough vegetables?

You need 2 cups of fruit. You ate one cup of blueberries today. What else do you need to eat or drink to get enough fruit?

You have had 8 strawberries today. What else do you need to eat or drink to get two cups of fruit?

You need 4 servings of grains. You ate one slice of bread today. What else do you need to eat to get enough grains?

You have had no protein today. What is a food with a lot of protein?
What Is A Food Label?

A food label tells us how much nutrition is in the food.

- It shows the calories,
- It shows the fat,
- It shows the salt (sodium),
- It shows the protein,
- It also shows the other nutrients that are in the food.
- It also tells you the amount of servings.

Food labels tell you how much of the nutrient is in that food. If a food label says it gives you 10% of your protein for the day, you need other foods that make up the other 90%.

Some foods are made up of many foods put together. A food label tells you the food that is used most. That food is the first ingredient. The food that is used second most is the second ingredient, and so on.
**Florida Vegetable Pizza**

**Ingredients:**
- (1) 9-inch whole-wheat pita flat bread
- ¼ cup premade low-fat spaghetti or pizza sauce
- ¼ cup low-fat shredded mozzarella cheese
- ½ cup total sliced Florida vegetables (bell peppers, mushrooms, tomatoes, onions, or another favorite)
- 1 teaspoon Italian seasoning

**Preparation:**
Spread sauce evenly over pita. Evenly sprinkle cheese over the sauced pita. Arrange the vegetables in a fun pattern on top of the cheese. Sprinkle with Italian seasoning. Bake pizza on a cookie sheet in a preheated 350 degree oven for 3 to 5 minutes or until cheese begins to brown. Let cool slightly and enjoy.

**Serves 2**

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**Fruitberry Parfait**

**Ingredients:**
- 2 cups low-fat vanilla yogurt
- 2 cups Florida fruit, diced (blueberries, strawberries, cantaloupe, honeydew, mango as desired)
- 1/2 cup granola
- Citrus for garnish
- (4) clear plastic cups, 6 to 8-ounce

**Preparation:**
Layer fruit and yogurt in even layers. Top each cup with granola and garnish with citrus.

**Serves 4**
Florida Fruity Smoothie

**Ingredients:**
- 2 cups of any Florida fruit
- If selected, remove rind and seeds from mangos, watermelon, cantaloupe, honeydew or citrus.
- Remove stem from strawberries. Remove ends from carambola. Chop selected fruit into large chunks
- 1 cup low-fat milk
- 2 cups vanilla frozen low-fat yogurt
- 8 ice cubes

**Preparation:**
Place fruit in blender, with half of the milk. Make sure lid is on tight. Blend fruit with milk on high speed until smooth. Add frozen yogurt, remaining milk, and ice cubes and continue to blend until smooth and creamy. Serve immediately. Pour any leftovers into an ice cube tray and freeze for later use.

**Serves 2-4**

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Florida Pop-nut Balls

**Ingredients:**
- 1/2 cup Florida honey
- 2/3 cup smooth Florida peanut butter
- 1 cup roasted and salted peanuts
- 4 cups popped popcorn
- 1 cup granola breakfast cereal
- Long pretzel sticks

**Preparation:**
Heat honey in a large saucepan over medium heat until bubbling.
Stir in peanut butter and blend until mixture is smooth and runny.
Remove pan from heat and stir in granola, peanuts and popcorn.
Stir popcorn mix until evenly coated. Let cool at room temperature, then refrigerate.
Use your hands to press popcorn mixture into clusters or balls. Place on flat tray and insert bamboo skewer or popsicle stick. Refrigerate for 1 hour.

**Serves 6**
Strawberry Fun Pops

**Ingredients:**
12 Florida strawberries
12 (4-inch) lollipop or popsicle sticks or 6-inch bamboo skewers
1 cup lightly crushed whole grain cereal
½ cup low-fat vanilla yogurt

**Preparation:**
Rinse strawberries. Slice the top off of the wide end of the berry, removing the leaves. Insert sticks into the narrow end of the strawberry. Dip berry in yogurt, then in the cereal.
Serve immediately.

**Serves 4-6**

Crunchy Critter

**Ingredients:**
3 cups Florida vegetables diced (cucumber, peppers, carrots, celery, lettuce, tomato as desired)
6 whole-wheat wraps (soft tortillas)
¾ cup low-fat cream cheese, ¾ cup hummus spread

**Preparation:**
Spread a thin layer of cream cheese or hummus (about 2 tablespoons) over each tortilla. Add about ½ cup of veggies to each tortilla. Roll up tortillas (flatten with each turn) to form a tight spiral. Use a small amount of cream cheese or hummus to seal up the rolls. Cut each roll into 5 sections.
Arrange rolls on a plate and use additional veggies to make a “bug.”

**Yield 6 Servings**
Florida Veggie Bird

Ingredients:
1 large honeydew melon or Florida cantaloupe
1 small Florida yellow squash
1 cup cubed cheddar cheese
1 medium Florida yellow pepper
1 medium Florida red pepper
1 medium Florida green pepper, cut into squares
1 cup Florida cucumber, peeled and cubed
1 pint Florida grape tomatoes
12-18 bamboo skewers
1 box of toothpicks

Preparation:
To keep the melon from rolling, cut a shallow slice off the rind to form a flat base.
Attach the squash, large portion pointing up, to the melon with part of a bamboo skewer.
Cut a square of green pepper or cucumber diagonally in half, forming two triangles.
Cut a thin slice of red pepper for the wattle. Attach both using a toothpick to the squash.
Attach two tomatoes, one for each eye, using toothpicks.
Cut red pepper into six strips, use three strips per foot, and set into place (optional.)
Alternate tomatoes, cheese, green pepper and cucumber on skewers to use as tail feathers.
Slice red and yellow pepper lengthwise into ½-inch wide slices.
Create 7-10 pieces to use as side feathers.
Stick the pepper slices in place with toothpicks.

Serves 4 to 6
Florida Fruit

Florida fruit taste great and they are fun to eat. They also help you stay healthy.

**Avocado, Florida**
- Oval shape with dark green skin and yellow flesh. Creamy, buttery flavor
- **In season:** June through March
- **Minerals:** Magnesium, Potassium
- **Vitamins:** Vitamin E, Folate
- **Fiber:** 13g per serving
- **Calories** (1 cup mashed): 276
- Potassium is good for your heart!

**Cantaloupe**
- Mostly round with light brown skin and orange flesh.
- **In season:** March through July
- **Minerals:** Potassium
- **Vitamins:** Vitamin A, Vitamin C
- **Fiber:** 1g per serving
- **Calories** (1 cup diced): 53
- Vitamin A helps you grow.

**Carambola**
- Deep lobes in gold color. It slices into a star shape.
- **In season:** August through March
- **Minerals:** Copper
- **Vitamins:** Vitamin C
- **Fiber:** 4g per serving
- **Calories** (1 cup, cubed): 41
- Fiber is good for your digestion.

**Blueberries**
- Small, juicy, firm berries with deep purple skin.
- **In season:** April through June
- **Minerals:** Manganese
- **Vitamins:** Vitamin C, Vitamin K
- **Fiber:** 4g per serving
- **Calories** (1 cup): 84
- Blueberries may help your eyesight and your memory.

**Grapefruit**
- A round white, yellow or pink citrus fruit that is tangy and sweet.
- **In season:** November through June
- **Vitamins:** Vitamin A (colored varieties only) Vitamin C
- **Fiber:** 3g per serving
- **Calories** (1 cup sections): 69
- The water and fiber make you feel full.
**Florida Fruit**

### Oranges
Round yellow or orange fruit with thick skin. Sweet and very juicy.  
**In season:** October through June  
**Minerals:** Thiamin, Potassium and Calcium  
**Vitamins:** Vitamin C  
**Fiber:** 4g per serving  
**Calories (1 cup sections):** 85  
Calcium is good for your bones.

### Strawberries
Medium sized red berries with a green stem and lots of tiny seeds.  
**In season:** January through April  
**Vitamins:** Vitamin C  
**Calories (1 cup, halves):** 49  
Try a strawberry smoothie. Vitamin C helps you fight sickness.

### Watermelon
Red flesh with sweet taste with seeds  
**In season:** April through July  
**Vitamins:** Vitamin A, Vitamin C  
**Fiber:** 1g per serving  
**Calories (1 cup):** 46  
Watermelon is 88% water. Vitamin A keeps your skin healthy.

### Tangerines
Bright orange in color, round and small with easy to peel skin  
**In season:** September through May  
**Vitamins:** Vitamin A, Vitamin C  
**Fiber:** 4g per serving  
**Calories (1 cup sections):** 103  
Tangerines are low in fat and sodium.

### Mangoes
Oval shaped with orange or rosy skin with spots. The flesh is yellow.  
**In season:** May through September  
**Vitamins:** Vitamin A, Vitamin B6, Vitamin C  
**Fiber:** 3g per serving  
**Calories (1 cup sliced):** 107  
Vitamin C keeps your blood healthy.
Florida vegetables taste great and they are fun to eat. They also help you stay healthy.

**Cabbage**
Round with leaves in purple or light green. It looks like lettuce but it is crunchier.  
**In season:** November through June  
**Vitamins:** Vitamin A, Vitamin C, Vitamin K  
**Fiber:** 2g per serving  
**Calories** (1 cup): 28  
Vitamin A helps you see in the dark.

**Celery**
The long pieces with leaves at the end are called stalks.  
**In season:** October through June  
**Minerals:** Potassium  
**Vitamins:** Folate, Vitamin K  
**Fiber:** 2g per serving  
**Calories** (1 cup, chopped): 16  
Folate is good for your blood. It helps babies and children grow.

**Green beans (Snap beans)**
The green crisp pods snap when bent.  
**In season:** October through June  
**Vitamins:** Folate, Vitamin A, Vitamin C, Vitamin K  
**Fiber:** 4g per serving  
**Calories** (1 cup, chopped): 34  
Fiber keeps your heart healthy.

**Cucumbers**
Dark green rind with white flesh.  
**In season:** September through June  
**Vitamins:** Vitamin K  
**Fiber:** 1g per serving  
**Calories** (1 cup, chopped): 16  
Vitamin K is good for your bones.

**Tomatoes**
A round or oblong red fruit  
**In season:** October through June  
**Minerals:** Potassium  
**Vitamins** Vitamin A, Vitamin C  
**Fiber:** 2g  
**Calories** (1 cup chopped or sliced): 38  
Tomato paste and sauces have the special ingredient lycopene. Potassium is good for your muscles.
Florida Vegetables

**Mushrooms**
A cap top in brown or white with a thick stem
*In season:* Year-round
*Minerals:* Niacin, Phosphorus, Riboflavin, Selenium
*Fiber:* 1g
*Calories:* (1 cup sliced): 19

**Peppers, Green and Red**
Green or red in color, bell shaped with 3 to 4 lobes.
*In season:* October through June
*Vitamins:* Vitamin A, Vitamin B6, Vitamin C, Vitamin K
*Fiber:* 3g
*Calories:* (1 cup green): 30
*Calories:* (1 cup red): 46
*Vitamin C keeps your bones and teeth healthy.*

**Potatoes**
Oblong shape, brown skin and white flesh
*In season:* November through June
*Minerals:* Potassium
*Vitamins:* Folate, Niacin, Vitamin B6
*Fiber:* 3g
*Calories:* (1 potato, small): 130
*Vitamin B6 helps you think and stay calm.*

**Sweet Corn**
Yellow kernels surrounded by a green corn plant
*In season:* September through June
*Minerals:* Magnesium, Phosphorus
*Vitamins:* Folate, Thiamine, Vitamin C
*Fiber:* (1 cup): 5g
*Calories:* 177
*Magnesium is good for your heart and muscles. Phosphorus is good for bones and teeth.*

*Mushroom pizza is good for you! Riboflavin is good for your blood. Niacin gives you energy.*
How Much Do I Need?

1. One cup of celery is the same as:
   - 1 stalk of celery
   - 4 stalks of celery
   - 2 stalks of celery
   - 3 stalks of celery

2. One diced cup of cucumbers is the same as:
   - 1 cup of cucumbers
   - 3 cups of cucumbers
   - 2 cups of cucumbers
   - 4 cups of cucumbers

3. One cup of orange juice is the same as:
   - A small glass of juice
   - A large glass of juice
   - A carton of juice
   - Two small glasses of juice

4. One baked potato is the same as:
   - 1 cup of potatoes
   - 2 cups of potatoes
   - ½ cup of potatoes
   - 3 cups of potatoes

5. One cup of dairy is the same as:
   - 1 cup of yogurt
   - 2 cups of yogurt
   - 1 cup of yogurt and 1 glass of milk
   - 3 cups of yogurt

6. One cup of oranges is the same as:
   - 1 whole orange
   - 3 whole oranges
   - 2 whole oranges
   - One half an orange

7. One cup of strawberries is the same as:
   - 12 large strawberries
   - 8 large strawberries
   - 9 large strawberries
   - 10 large strawberries

8. One serving of grains is the same as:
   - 2 slices of bread
   - One half slice of bread
   - 3 slices of bread
   - 1 slice of bread

9. One serving of grains is the same as:
   - 1 cup of oatmeal
   - 2 cups of oatmeal
   - One half cup of oatmeal
   - 3 cups of oatmeal

10. One serving of grains is the same as:
    - 1 cup of rice
    - 2 cups of rice
    - One half cup of rice
    - 3 cups of rice

Circle the right answer!
Like gasoline for cars, calories are _________ for your body.

You need between _______ and _______ cups from the milk group (dairy) each day.

The fruit or vegetable that is good for your memory is ____________________.

A fruit or vegetable that has lycopene is ________________.

Lycopene may help prevent ________________.

A fruit or vegetable that helps fight bacteria is ____________________.

Junk food may have too much ____________________.

No more than 1 out of 3 calories should come from ____________________.

Whole grains have more ________________ than foods made from refined or enriched grains.

Sugar can make you ________________ and rot your ________________.