My Food Groups

Dairy
- Milk, Yogurt, Cheese

Vegetables

Fruits
- “extras”

Grains
- Breads, Cereals, Pasta

Protein
- Meat, Beans, Nuts

My Physical Activity

= Healthy Bodies

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<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>MAIN NUTRIENT</th>
<th>WHY YOUR BODY NEEDS IT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy – Milk, Yogurt, Cheese</td>
<td>Calcium</td>
<td>Strong bones and teeth</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vitamin A</td>
<td>Healthy skin and eyes</td>
</tr>
<tr>
<td>Fruits</td>
<td>Vitamin C</td>
<td>Healing</td>
</tr>
<tr>
<td>Grains – Breads, Cereals, Pasta</td>
<td>B-vitamins</td>
<td>Energy</td>
</tr>
<tr>
<td>Protein – Meat, Beans, Nuts</td>
<td>Protein</td>
<td>Strong muscles</td>
</tr>
<tr>
<td>“extras”</td>
<td>No nutrients</td>
<td>No health benefit</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>FOOD</th>
<th>SYMBOL</th>
<th>COMPARISON</th>
<th>SERVING SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy – Milk, Yogurt, Cheese</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese (string cheese)</td>
<td>Pointer finger</td>
<td>1½ ounces</td>
<td></td>
</tr>
<tr>
<td>Milk and yogurt (glass of milk)</td>
<td>One fist</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked carrots</td>
<td>One fist</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Salad (bowl of salad)</td>
<td>Two fists</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>One fist</td>
<td>1 medium</td>
<td></td>
</tr>
<tr>
<td>Canned peaches</td>
<td>One fist</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td><strong>Grains – Breads, Cereals, Pasta</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry cereal (bowl of cereal)</td>
<td>One fist</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Noodles, rice, oatmeal (bowl of noodles)</td>
<td>Handful</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Slice of whole-wheat bread</td>
<td>Flat hand</td>
<td>1 slice</td>
<td></td>
</tr>
<tr>
<td><strong>Protein – Meat, Beans, Nuts</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, beef, fish, pork (chicken breast)</td>
<td>Palm</td>
<td>3 ounces</td>
<td></td>
</tr>
<tr>
<td>Peanut butter (spoon of peanut butter)</td>
<td>Thumb</td>
<td>1 tablespoon</td>
<td></td>
</tr>
</tbody>
</table>
Lesson 3: Serving Superstars

Mixed Foods
Lesson 4: Label and Nutrient Trackers

### Anatomy of a Food Label

#### 1 % Low-fat milk

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4 serving per container</strong></td>
</tr>
<tr>
<td><strong>Serving size</strong></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
</tr>
<tr>
<td><strong>Includes</strong></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

---

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Lesson 4: Label and Nutrient Trackers

**Fill in the Blank ... Food Label**

**Peas, frozen**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>servings per container</td>
</tr>
<tr>
<td><strong>Serving size</strong></td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>%Daily Value*</td>
</tr>
<tr>
<td><strong>Total Fat</strong> 0.2g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong> 0g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong> 0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong> 57.6mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 11.4g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong> 4.4g</td>
</tr>
<tr>
<td><strong>Total Sugars</strong> 3.7g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
</tr>
<tr>
<td><strong>Protein</strong> 2g</td>
</tr>
<tr>
<td><strong>Vitamin D</strong> ~</td>
</tr>
<tr>
<td><strong>Calcium</strong> 19.2g</td>
</tr>
<tr>
<td><strong>Iron</strong> 1.2mg</td>
</tr>
<tr>
<td><strong>Potassium</strong> 88mg</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*
Lesson 5: Dinner Detectives and Smart Snackers

Dinner and Snack Menu

<table>
<thead>
<tr>
<th>DINNER MENU</th>
<th>FOOD GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAIN DISH</td>
<td></td>
</tr>
<tr>
<td>SIDE DISH</td>
<td></td>
</tr>
<tr>
<td>BEVERAGE</td>
<td></td>
</tr>
<tr>
<td>DESSERT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SNACK MENU</th>
<th>FOOD GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Lesson 7: Healthy Habits—Putting It Together

Joey’s Daily Record

Daily Food and Beverage Record

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Dairy Milk, Yogurt, Cheese</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Grains Breads, Cereals, Pasta</th>
<th>Protein Meat, Beans, Nuts</th>
<th>“extras”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Name</td>
<td>Serving</td>
<td>Serving</td>
<td>Serving</td>
<td>Serving</td>
<td>Serving</td>
<td>Serving</td>
</tr>
<tr>
<td>Toast</td>
<td></td>
<td>1 slice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter</td>
<td></td>
<td>1 spoonful</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEVERAGE</td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna sandwich</td>
<td></td>
<td>2 slices</td>
<td>1 serving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato chips</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEVERAGE</td>
<td>Milk</td>
<td>1 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack(s)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby carrots</td>
<td></td>
<td>1 small bag</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>1 cup</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bagel</td>
<td>½ bagel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEVERAGE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>1 piece</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td></td>
<td>1 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookies</td>
<td>2 large</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEVERAGE</td>
<td>Orange juice</td>
<td>1 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Daily Servings

Daily Recommended Number of Servings

Toast: 1 slice
Peanut butter: 1 spoonful
Tuna sandwich: 2 slices, 1 serving
Potato chips: 1 small bag
Apple: 1
Baby carrots: 1 small bag
Yogurt: 1 cup
Bagel: ½ bagel
Chicken: 1 piece
Mashed potatoes: 1 cup
Green beans: 1 cup
Cookies: 2 large
Orange juice: 1 cup

For each glass of water consumed, check a box:   ☑   ☑   ☑   ☑   ☑

Daily Physical Activity Record

<table>
<thead>
<tr>
<th>Low Level Physical Activity</th>
<th>Minutes</th>
<th>Moderate-Vigorous Level Physical Activity</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching television</td>
<td>30</td>
<td>Playing soccer</td>
<td>30</td>
</tr>
<tr>
<td>Playing video games</td>
<td>45</td>
<td>Swimming</td>
<td>15</td>
</tr>
</tbody>
</table>

Total Low Level Physical Activity Minutes: 75
Total Moderate-Vigorous Level Physical Activity Minutes: 45
Recommended Number of Minutes: 60

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