

# Food Picture Cards

These cards are designed for use with your Dairy Council of California nutrition education program. Each food picture category represents a MyPlate food group plus Mixed Foods and Farm to You sections.

These are for you to keep and take if you change grades or classrooms. Cards are not replaced yearly.

Find these and more photos online at

[HealthyEating.org/FoodGallery](https://www.healthyeating.org/foodgallery)



**Let's Eat  
Healthy**

## How to order the complete program including student workbooks.

Login to [HealthyEating.org/Schools](https://HealthyEating.org/Schools) to order materials and access online only resources.

### For California Teachers Only:

You need to request your additional free student materials annually. Materials will not be automatically sent.

- Login to [HealthyEating.org](https://HealthyEating.org) to order materials.

**OR**

- Complete and return the order card or email that is periodically sent to you.

### Contact Us

Email [info@DairyCouncilofCA.org](mailto:info@DairyCouncilofCA.org)

California toll free 877.324.7901

Outside CA 866.572.1359



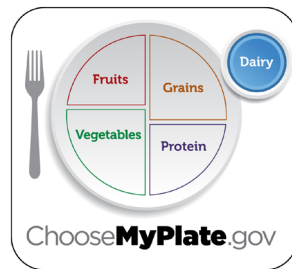


**Cheddar cheese**

**Queso cheddar**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**



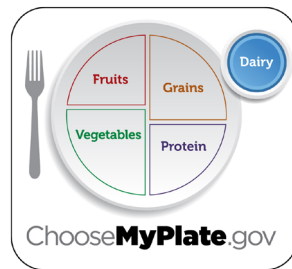


**Mozzarella cheese**

**Queso Mozzarella**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

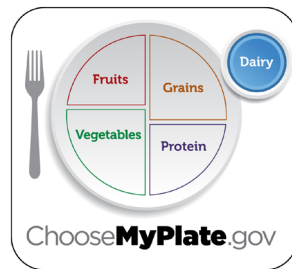


**String cheese**

**Queso para deshebrar**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

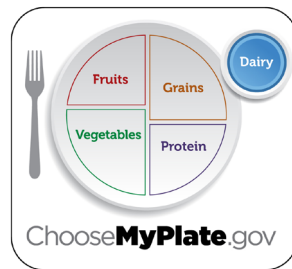


**Cottage cheese**

**Queso cottage**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

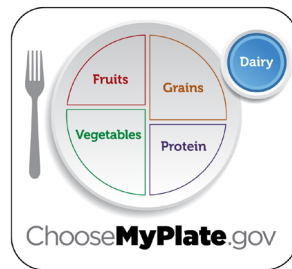


**Milk**

**Leche**

# Dairy

## *Spanish* Lácteos



Strong bones and teeth

## Food Fact

Different types of dairy milk provide similar health benefits. Options like whole milk, low-fat milk and fat-free milk may taste a little different. Since whole milk has more fat, it may taste creamier than fat free.



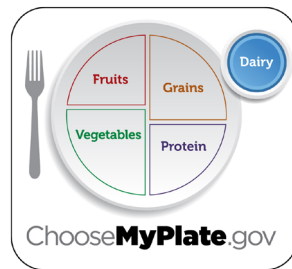


**Plain yogurt**

**Yogur natural**

# Dairy

## Spanish Lácteos



Strong bones and teeth

## Food Fact

Yogurt contains friendly bacteria that supports our digestive system and keep us healthy. Next time you see a yogurt container, look for words like “live active cultures.” That means healthy bacteria!

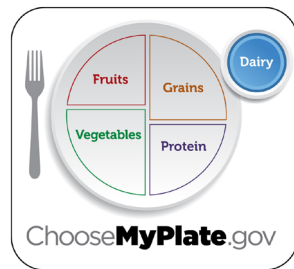


**Fruit-flavored  
yogurt**

**Yogur con sabor  
a fruta**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

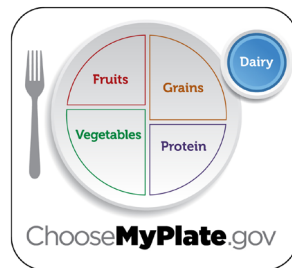


Chocolate milk

Leche de chocolate

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

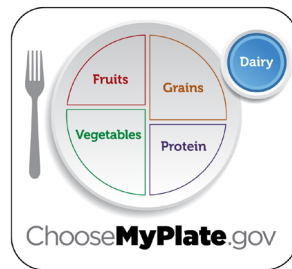


**Lactose-free milk**

**Leche deslactosada**

# Dairy

## *Spanish* Lácteos



Strong bones and teeth

## Food Fact

Lactose is a natural sugar in milk. Lactose-free milk provides the same healthy benefits as milk, with the lactose taken out. This is helpful for some bodies that have a hard time breaking it down and using it.



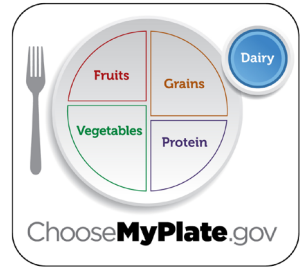


**Soy beverage**

**Bebida de soya**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

## Food Fact

Unsweetened, fortified soy beverages are made from soy beans, a plant protein.

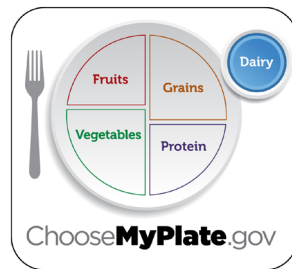


**Parmesan cheese**

**Queso parmesano**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**

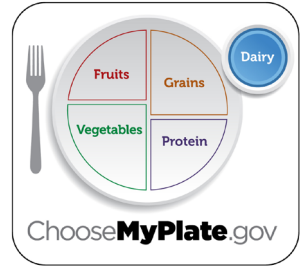


**Colby cheese**

**Queso Colby**

# Dairy

*Spanish*  
**Lácteos**



**Strong bones and teeth**



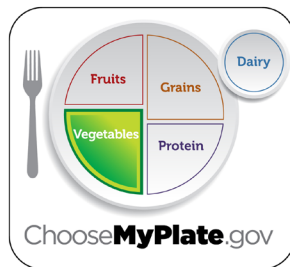
**Avocado**

**Aguacate**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes

### Food Fact

Avocados can be made into a dip, like guacamole, or sliced for tacos, sandwiches or salads. Avocados like other vegetables, are high in fiber and also healthy fats which helps our bodies feel full.





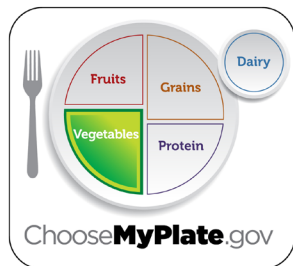
**Broccoli**

**Brócoli**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



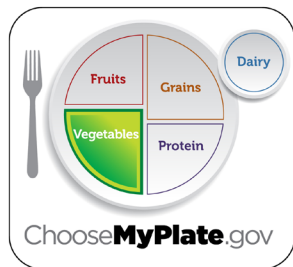
**Carrot**

**Zanahoria**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



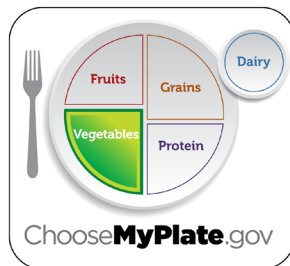
**Kale**

**Col rizada**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



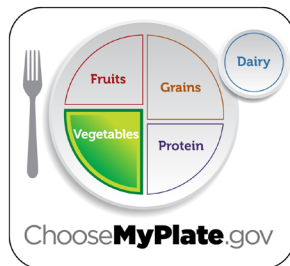
**Lettuce**

**Lechuga**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes





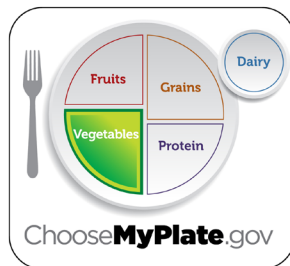
**Bell pepper**

**Pimiento**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



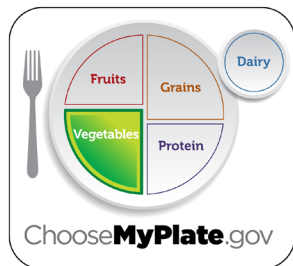
**Potato**

**Papa**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



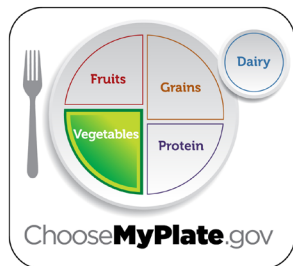
**Green beans**

**Ejotes**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



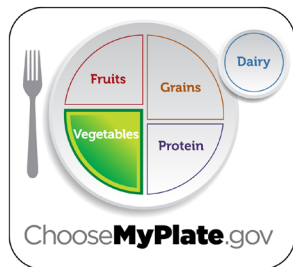
**Tomato**

**Tomate**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes

### Food Fact

Tomatoes are a vegetable because they are eaten and prepared like other vegetables. Try slicing tomatoes and adding it to a sandwich or chopping tomatoes for salsa, soups and salads.





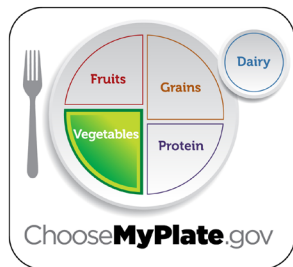
**Cauliflower**

**Coliflor**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



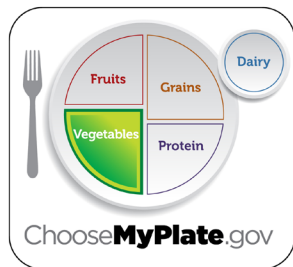
**Yellow squash**

**Calabaza amarilla**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes



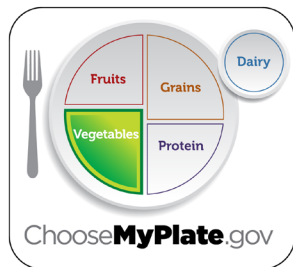
**Sweet potato**

**Camote**

# Vegetables

*Spanish*

# Verduras



## Healthy Skin and Eyes

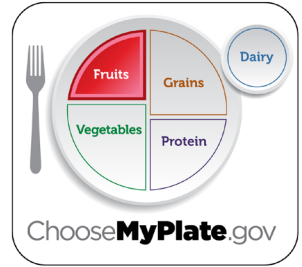


**Apple**

**Manzana**

# Fruits

## *Spanish* Frutas



## Healing



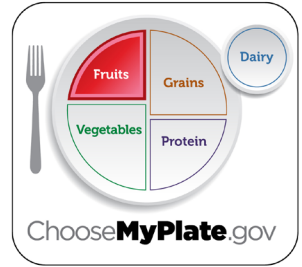


**Peach**

**Durazno**

# Fruits

## *Spanish* Frutas



## Healing

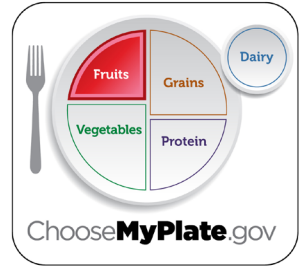


**Strawberries**

**Fresas**

# Fruits

## *Spanish* Frutas



## Healing

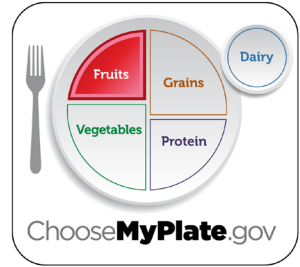


**Cantaloupe**

**Melón**

# Fruits

## *Spanish* Frutas



## Healing

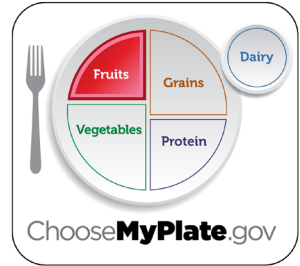


**Grapes**

**Uvas**

# Fruits

## *Spanish* Frutas



## Healing





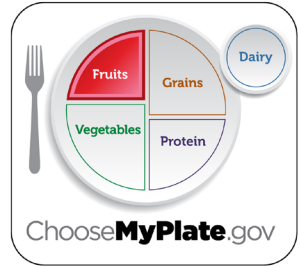
**Kiwi**

**Kiwi**

# Fruits

*Spanish*

# Frutas



## Healing

### Food Fact

Kiwis grow on vines like grapes. Like other fruits they are healthy to eat whole, cut into pieces or frozen.

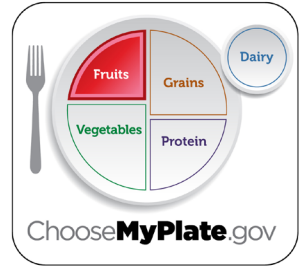


**Mango**

**Mango**

# Fruits

## *Spanish* Frutas



## Healing



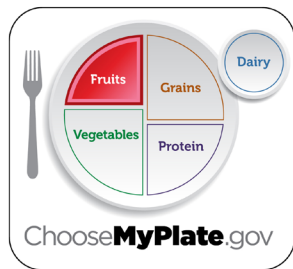
**Orange juice**

**Jugo de naranja**

# Fruits

*Spanish*

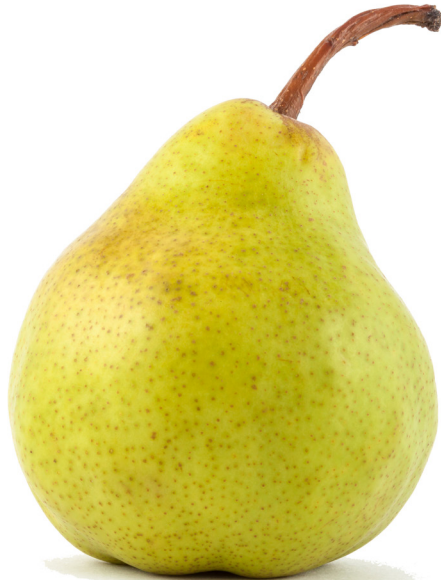
# Frutas



## Healing

### Food Fact

Choose 100% juice. It is fun to make your own juice by squeezing or blending oranges. Whole oranges provide more health benefits than juice because they have fiber.

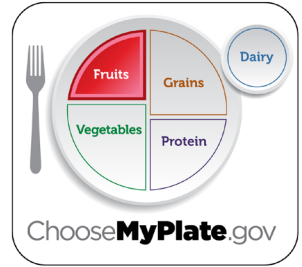


**Pear**

**Pera**

# Fruits

## *Spanish* Frutas



## Healing





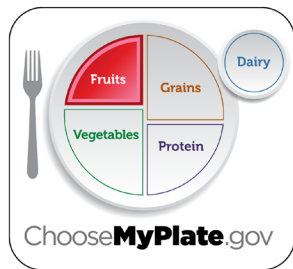
**Pineapple**

**Piña**

# Fruits

*Spanish*

# Frutas



## Healing

### Food Fact

Fresh fruit can be made into and processed into canned fruit. Canned fruit does not spoil quickly and does not need to be refrigerated. It is best to look for canned fruit packed in 100% juice. Try adding canned fruit to smoothies, salads or use as a pizza topping.



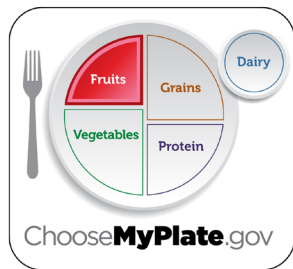
**Raisins**

**Pasas**

# Fruits

*Spanish*

# Frutas



## Healing

### Food Fact

Raisins are made from grapes that are laid out in the sun to dry. Raisins and other dried fruits taste sweet, provide health benefits and can be stored in your pantry.

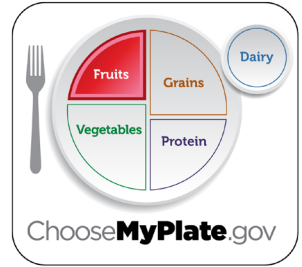


**Watermelon**

**Sandía**

# Fruits

## *Spanish* Frutas



## Healing



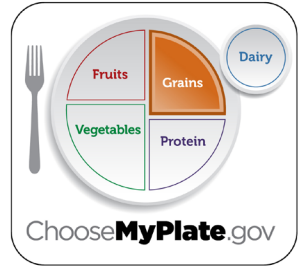
**Bagel**

**Bagel**

# Grains

*Spanish*

# Granos



Energy





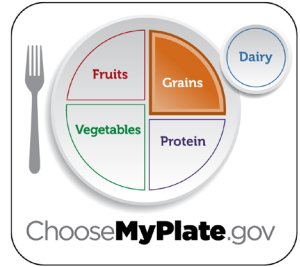
**Cereal**

**Cereal**

# Grains

*Spanish*

# Granos



Energy



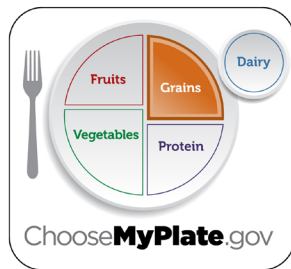
**Crackers**

**Galletas**

# Grains

*Spanish*

# Granos



## Energy

## Food Fact

Grains like crackers and bread are most healthy when they have “whole grains.” Crackers are a tasty snack when paired with apples, cheese or made into a miniature sandwich.



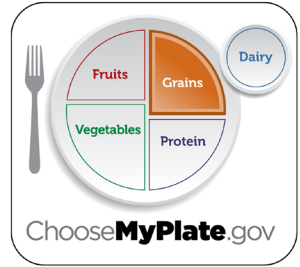
**English muffin**

**Panecillo inglés**

# Grains

*Spanish*

# Granos



Energy



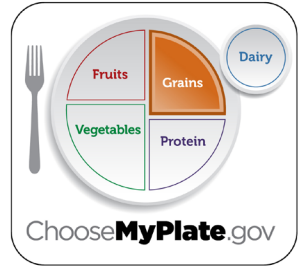
**Graham cracker**

**Galleta de canela**

# Grains

*Spanish*

# Granos



Energy





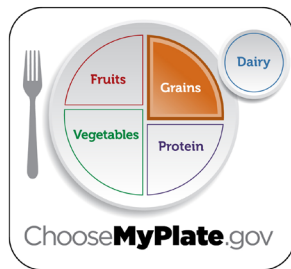
**Oatmeal**

**Avena**

# Grains

*Spanish*

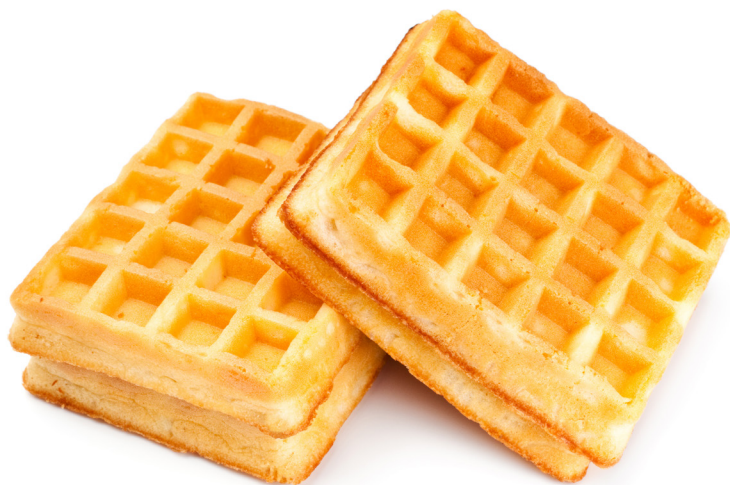
# Granos



## Energy

### Food Fact

Oatmeal is a whole grain, which helps our bodies to be full and healthy. Making your oatmeal with milk adds health benefits. Try topping oatmeal with fresh fruit like berries or banana slices.

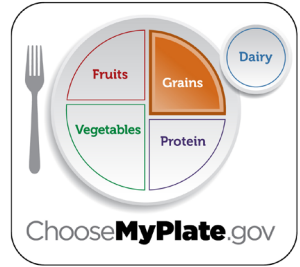


**Whole-grain waffle**

**Waffle integral**

# Grains

*Spanish*  
**Granos**



**Energy**



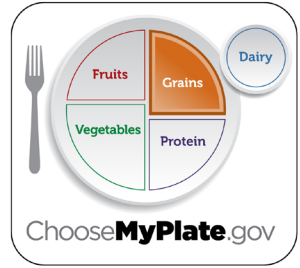
**Pasta**

**Pasta**

# Grains

*Spanish*

# Granos



Energy



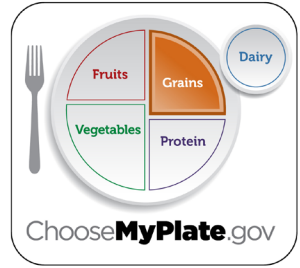
**Popcorn**

**Palomitas**

# Grains

*Spanish*

# Granos



Energy

## Food Fact

Popcorn is a whole grain choice.





**White or brown  
rice**

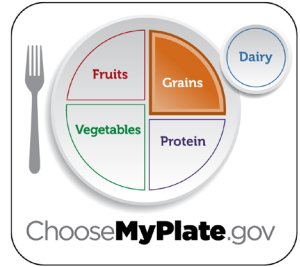


**Arroz blanco o  
arroz integral**

# Grains

*Spanish*

# Granos



Energy



**Corn or flour  
tortilla**

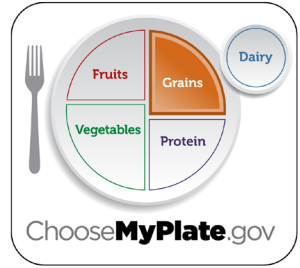


**Tortillas de maíz  
o harina**

# Grains

*Spanish*

# Granos



## Energy

## Food Fact

Tortillas are made from flour. Flour tortillas are made from ground wheat. Corn tortillas are made from masa harina, a ground corn mixture.



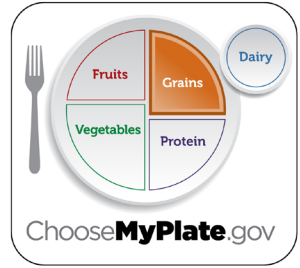
**Whole-grain bread**

**Pan integral**

# Grains

*Spanish*

# Granos



Energy



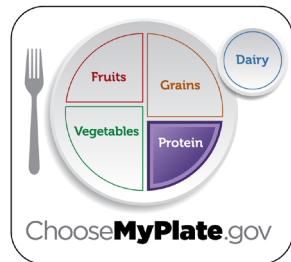
**Black beans**

**Frijoles negros**

# Protein

*Spanish*

# Proteína



Strong muscles

## Food Fact

All beans are a good source of plant protein and fiber. You may have seen beans in different forms like dry, canned and frozen.



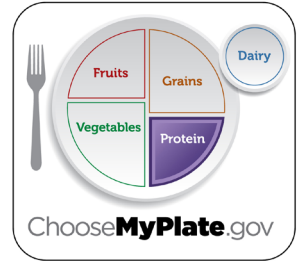


**Chicken**

**Pollo**

# Protein

*Spanish*  
**Proteína**



**Strong muscles**

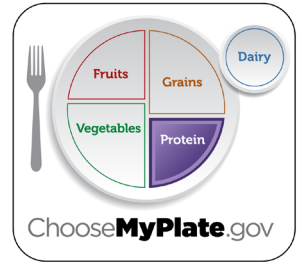


**Steak**

**Bistec**

# Protein

## *Spanish* Proteína



Strong muscles

## Food Fact

Foods from animals in the Protein group, like eggs and meat, support childhood growth and development.

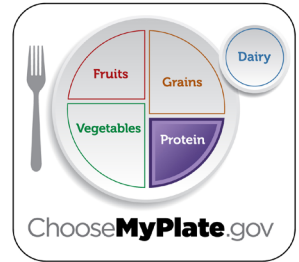


**Eggs**

**Huevos**

# Protein

*Spanish*  
**Proteína**



**Strong muscles**

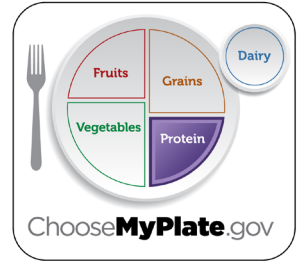


**Tuna**

**Atún**

# Protein

*Spanish*  
**Proteína**



**Strong muscles**



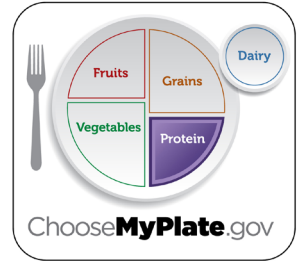


**Tofu**

**Soya cuajada (tofu)**

# Protein

## *Spanish* Proteína



Strong muscles

## Food Fact

Tofu is made from soybeans. It is a plant protein food.



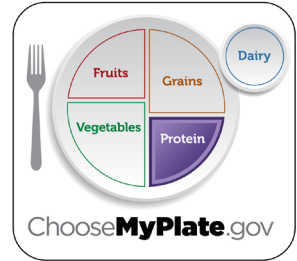
**Turkey lunch meat**

**Carne fría de pavo**

# Protein

*Spanish*

# Proteína



Strong muscles

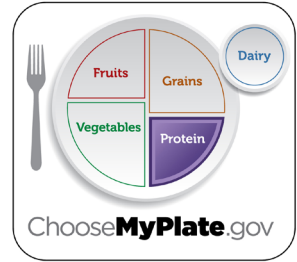


**Nut and seed  
butters: peanut  
butter, sunflower  
butter**

**Cremas de nueces  
o semillas: crema  
de cacahuete,  
crema de girasol**

# Protein

*Spanish*  
**Proteína**



**Strong muscles**



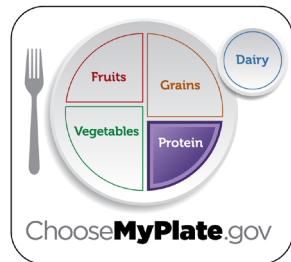
**Nuts**

**Nueces**

# Protein

*Spanish*

# Proteína



Strong muscles



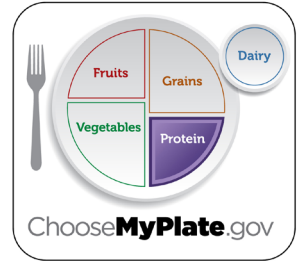


**Ground beef**

**Carne molida**

# Protein

*Spanish*  
**Proteína**



**Strong muscles**



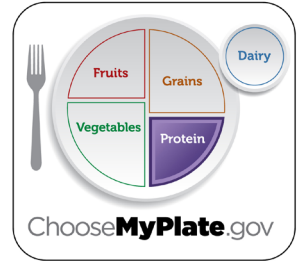
**Fish**

**Pescado**

# Protein

*Spanish*

# Proteína



Strong muscles



**Chickpeas and  
hummus**

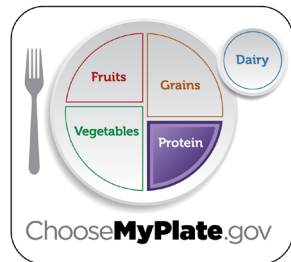


**Garbanzos y  
hummus**

# Protein

*Spanish*

# Proteína



Strong muscles

## Food Fact

Hummus is made from chickpeas (garbanzo beans.) It makes a great snack when paired with carrot sticks, red bell pepper slices or whole-grain crackers.



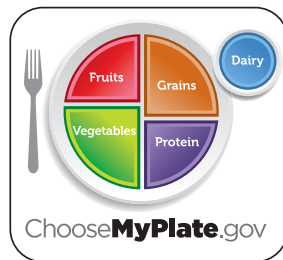
**Breakfast sandwich: bread, eggs and cheese**

**Sándwich para desayuno: pan, huevos y queso**

# Dairy, Grains, Protein

*Spanish*

**Lácteos, Granos,  
Proteína**







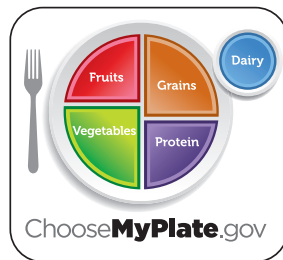
**Chicken noodle soup: chicken broth, chicken meat, pasta noodles, carrots, celery**

**Sopa de pollo con fideos: caldo de pollo, pollo, pasta, zanahorias, apio**

# Vegetables, Grains, Protein

*Spanish*

# Verduras, Granos, Proteína





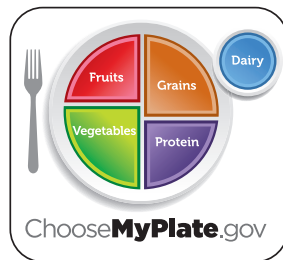
**Macaroni and cheese: pasta, cheese, milk**

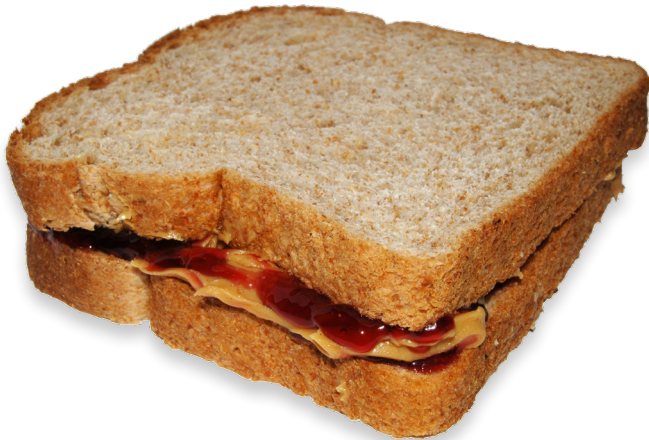
**Macarrones y queso: pasta, queso, leche**

# Dairy, Grains

*Spanish*

# Lácteos, Granos



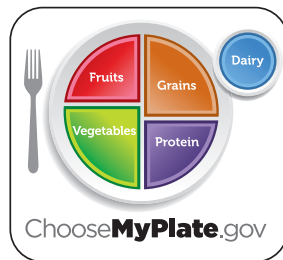


**Nut butter and jelly sandwich: bread, nut butter, jelly**

**Sándwich de crema de nueces y jalea: pan, crema de nueces, jalea**

# Grains, Protein

*Spanish*  
**Granos, Proteína**



## Food Fact

Jam and jelly do not belong in a food group. They are made with a little fruit and a lot of added sugar for sweetness.



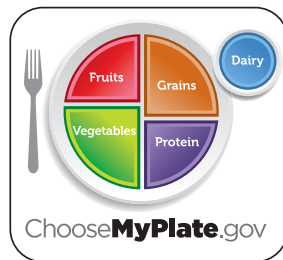
**Turkey sandwich: whole-wheat bread,  
turkey, cheese, lettuce, tomato, onion**

**Sándwich de pavo: pan integral, pavo,  
queso, lechuga, tomate, cebolla**

# Dairy, Vegetables, Grains, Protein

*Spanish*

# Lácteos, Verduras, Granos, Proteína







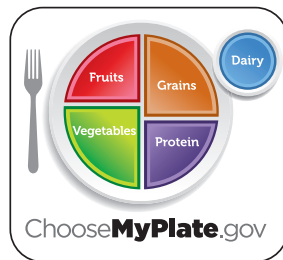
**Burrito: cheese, beans, meat, rice, lettuce, tomato, avocado, tortilla**

**Burrito: queso, frijoles, carne, arroz, lechuga, tomate, aguacate, tortilla**

# Dairy, Vegetables, Grains, Protein

*Spanish*

# Lácteos, Verduras, Granos, Proteína





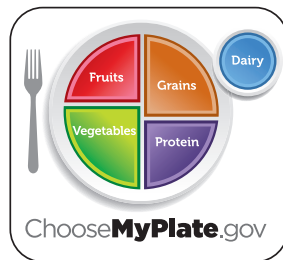
**Cheese pizza: crust, tomato sauce, cheese**

**Pizza de queso: costra, salsa de tomate, queso**

# Dairy, Vegetables, Grains

*Spanish*

# Lácteos, Verduras, Granos





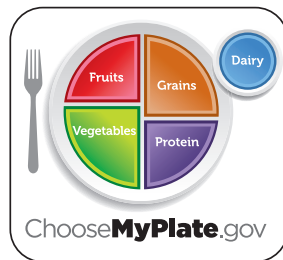
**Spaghetti: noodles, meat, tomato sauce, parmesan cheese**

**Espagueti: pasta, carne, salsa de tomate, queso parmesano**

# Dairy, Vegetables, Grains, Protein

*Spanish*

# Lácteos, Verduras, Granos, Proteína





**Farm and farmer**

**Granja y Granjero**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Farmers take care of plants or animals that provide food to people. Their farms are the land where the crops grow and the animals live.





**Refrigerated truck and processing plant**  
**Camión refrigerado y planta procesadora**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Trucks transport food from the farm to you. They drive the food from the farm to buildings where it is cleaned, cooked, frozen or packaged before it goes to you at the store, school or restaurant.



**Farm animals**

**Animales de granja**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Animals provide food like milk, eggs, meat and fish.



**Field of crops**

**Campos agrícolas**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Foods like wheat, lettuce, peppers and tomatoes grow from plants in a field.



**Orchard**

**Huerta**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Foods like apples, oranges, pears, almonds, walnuts grow on trees in an orchard.





**Food clerk,  
stocker**

**Empleado(a) de  
supermercado,  
almacenista**

# Farm to You

*Spanish*

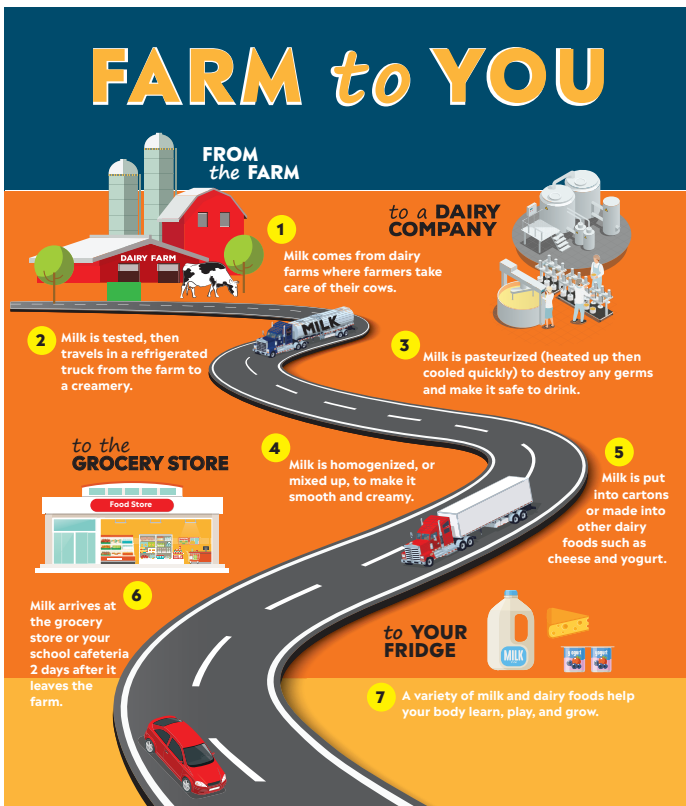
## Granja para ti



### Farm to You Fact

People who work in the grocery store and market handle food. They help store and sell the food in the market.

# FARM to YOU



Journey of food

Trayecto de los  
alimentos

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Food travels in a system (our food system) to get from farm to you.



**Markets**

**Mercados**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

You and your family buy the finished products of food from markets and stores. What other places can you access or buy food?



**Farm worker**

**Trabajador agrícola**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

People work on farms, in fields and orchards to care for and gather the food when it is ready to eat.





**Cafeteria**

**Cafetería**

# Farm to You

*Spanish*

## Granja para ti



### Farm to You Fact

Food goes from the farm to schools where it is turned into meals. School meals provide children with nutrition and fuel to learn, play and grow.