



## Apple

- I am part of the fruits group.
- I grow on a tree.
- I give you energy to help you move.
- I have seeds on the inside.
- You need 1 to 1½ cups of fruit each day.
- I am an apple.

Amount needed  
each day =



© Learning Resources, Inc.



## Banana

- I am part of the fruits group.
- I grow on a tree.
- I keep your heart healthy.
- I have a thick yellow skin called a *peel*.
- You need 1 to 1½ cups of fruit each day.
- I am a banana.

Amount needed  
each day =



© Learning Resources, Inc.



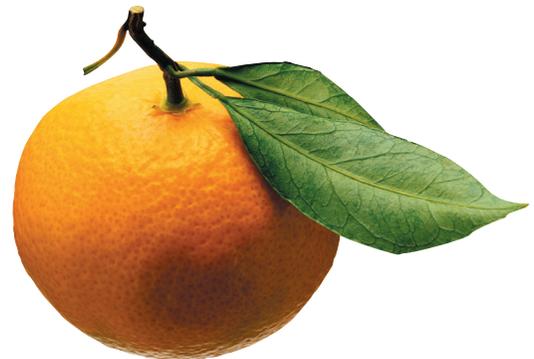
## Orange

- I am part of the fruits group.
- I grow on a tree.
- I have a thick skin and I am juicy on the inside.
- When you eat me, I help your cuts heal.
- You need 1 to 1½ cups of fruit each day.
- I am an orange.

Amount needed  
each day =



© Learning Resources, Inc.



## Blueberry

- I am part of the fruits group.
- I grow on a bush.
- I have very small seeds on the inside.
- I keep your mind and eyes healthy.
- You need 1 to 1½ cups of fruit each day.
- I am a blueberry.

Amount needed  
each day =



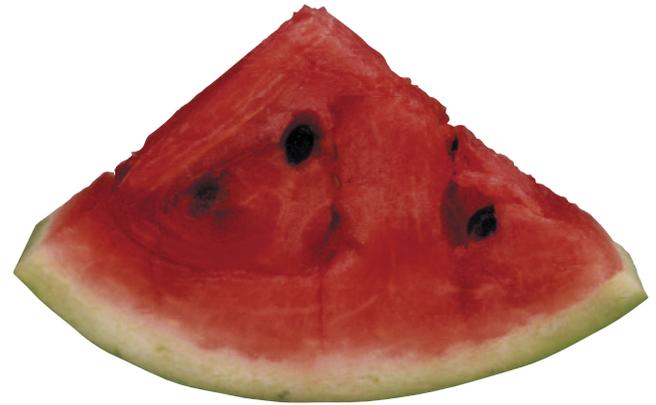
© Learning Resources, Inc.





## Watermelon

- I am part of the fruits group.
- I grow on a vine on the ground.
- I build healthy bones, teeth, and skin.
- I have a hard, green outside layer and seeds on the inside.
- You need 1 to 1½ cups of fruit each day.
- I am a piece of watermelon



Amount needed each day =



© Learning Resources, Inc.



## Corn

- I am part of the vegetables group.
- I grow on a stalk.
- I have a husk that covers my kernels inside.
- I build a healthy heart and help you turn your food to energy.
- You need 1 to 1½ cups of vegetables each day.
- I am corn on the cob.



Amount needed each day =



© Learning Resources, Inc.



## Lettuce

- I am part of the vegetables group.
- I am the leaf of a plant.
- My dark leaves are better for you than my light leaves.
- I keep your heart and skin healthy.
- You need 1 to 1½ cups of vegetables each day.
- I am lettuce.



Amount needed each day =



© Learning Resources, Inc.



## Broccoli

- I am part of the vegetables group.
- I am the stem and flower of a plant.
- I am one of the healthiest foods.
- I keep your body healthy and help turn your food to energy.
- You need 1 to 1½ cups of vegetables each day.
- I am broccoli.



Amount needed each day =



© Learning Resources, Inc.



## Celery

- I am part of the vegetables group.
- I am the stem of a plant.
- I hold a lot of water in my stalks.
- I help your muscles work so you can move.
- You need 1 to 1½ cups of vegetables each day.
- I am celery.

Amount needed each day =



© Learning Resources, Inc.



## Steak

- I am part of the meat and beans group.
- I come from a cow.
- I give you energy to help you move and keep you from getting sick.
- You need 3-4 ounces from the meat and beans group each day.
- I am a steak.

Amount needed each day =



© Learning Resources, Inc.



## Fish

- I am part of the meat and beans group.
- I am found in oceans, lakes, and rivers.
- I give you energy to help you move and keep you from getting sick.
- You need 3-4 ounces from the meat and beans group each day.
- I am a fish.

Amount needed each day =



© Learning Resources, Inc.



## Peanut

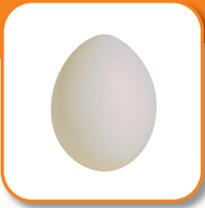
- I am part of the meat and beans group.
- I come from a plant and grow under the ground inside a shell.
- I give you energy to help you move and grow.
- You need 3-4 ounces from the meat and beans group each day.
- I am a peanut

Amount needed each day =



© Learning Resources, Inc.



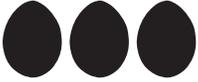


## Egg

- I am part of the meat and beans group.
- I come from a chicken, or other bird.
- I have a yellow yolk on the inside.
- I give you energy to help you move and keep your bones and muscles healthy.
- I am an egg.



Amount needed each day =



© Learning Resources, Inc.

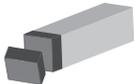


## Butter

- I am an "extra fat".
- I am made from cream.
- I am put on bread and used in cooking.
- I can give you energy, but too much of me is not good for you.
- You need to limit the amount of butter you eat each day.
- I am butter.



Amount needed each day =



© Learning Resources, Inc.



## Cupcake

- I am an "extra fat".
- I am made from sugar and flour.
- I am a dessert and taste sweet.
- I can give you energy, but too much of me is not good for you.
- You need to limit the amount of sweets you eat each day.
- I am a cupcake.



Amount needed each day =



© Learning Resources, Inc.



## Oil

- I am part of the oils group.
- I am made from different plants or fish.
- I am used to cook other foods.
- I have good fatty acids to keep you healthy.
- You need 4 teaspoons of healthy oils each day.
- I am an oil.



Amount needed each day =



© Learning Resources, Inc.





## Cheese

Amount needed  
each day =



© Learning Resources, Inc.

- I am part of the milk group.
- I am made with milk.
- I can be hard or soft.
- I build strong bones and teeth and help your muscles work.
- You need 1-2 cups of milk or calcium-rich food each day.
- I am cheese.



## Milk

Amount needed  
each day =



© Learning Resources, Inc.

- I am part of the milk group.
- I come from a cow or a goat.
- I am white. You can add chocolate to me.
- I build strong bones and teeth.
- You need 1-2 cups of milk or calcium-rich food each day.
- I am milk.



## Yogurt

Amount needed  
each day =



© Learning Resources, Inc.

- I am part of the milk group.
- I am made with milk.
- Add fruit to me for a tasty snack.
- I build strong bones and teeth.
- You need 1-2 cups of milk or calcium-rich food each day.
- I am yogurt.



## Rice

Amount needed  
each day =



© Learning Resources, Inc.

- I am part of the grains group.
- I come from a plant.
- I am eaten all over the world.
- I give you energy and healthy skin and eyes.
- You need 4-5 ounces of grains each day.
- I am rice.





## Breads

- I am part of the grains group.
- I come from a plant.
- I am often made from wheat and used to make a sandwich.
- I give you energy and help you build muscles.
- You need 4-5 ounces of grains each day.
- I am bread.



Amount needed each day =



© Learning Resources, Inc.



## Cereal

- I am part of the grains group.
- I come from a plant.
- I am often made from wheat and eaten from a bowl.
- I give you energy and help you build muscles.
- You need 4-5 ounces of grains each day.
- I am cereal.



Amount needed each day =



© Learning Resources, Inc.



## Pasta

- I am part of the grains group.
- I am made from flour, eggs, and water.
- I come in many different shapes and sizes.
- I give you energy and help you build muscles.
- You need 4-5 ounces of grains each day.
- I am pasta.



Amount needed each day =



© Learning Resources, Inc.



# Food and Nutrition

## BASIC CLASSIFYING CARDS

The Basic Classifying Cards series introduces the life sciences in terms that preschoolers and kindergartners understand. This card set helps children answer questions such as, "Where does an apple grow?," "Why is an apple good for me?," and "To what food group does an apple belong?" Children will learn to answer these questions and identify characteristics (color, shape, and more) about each of the food items pictured in the set by looking at the photographs and listening to the simple sentences being read on the back of each card.

The amounts of each food group needed are based on an

average 4-8 year old child who gets less than 30 minutes of moderate physical activity, beyond normal daily activities. Actual healthy amounts will vary per person based on level of activity, age, and gender. Please refer to [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

Turn the cards face up so children can see the large photographs. How many food items can they identify? What do they notice about those food items without reading the backs of the cards? What sorting activities can they do based on the common or different characteristics of the food items (green items, red items, etc.)? The possibilities for creative scientific investigation are virtually endless!

