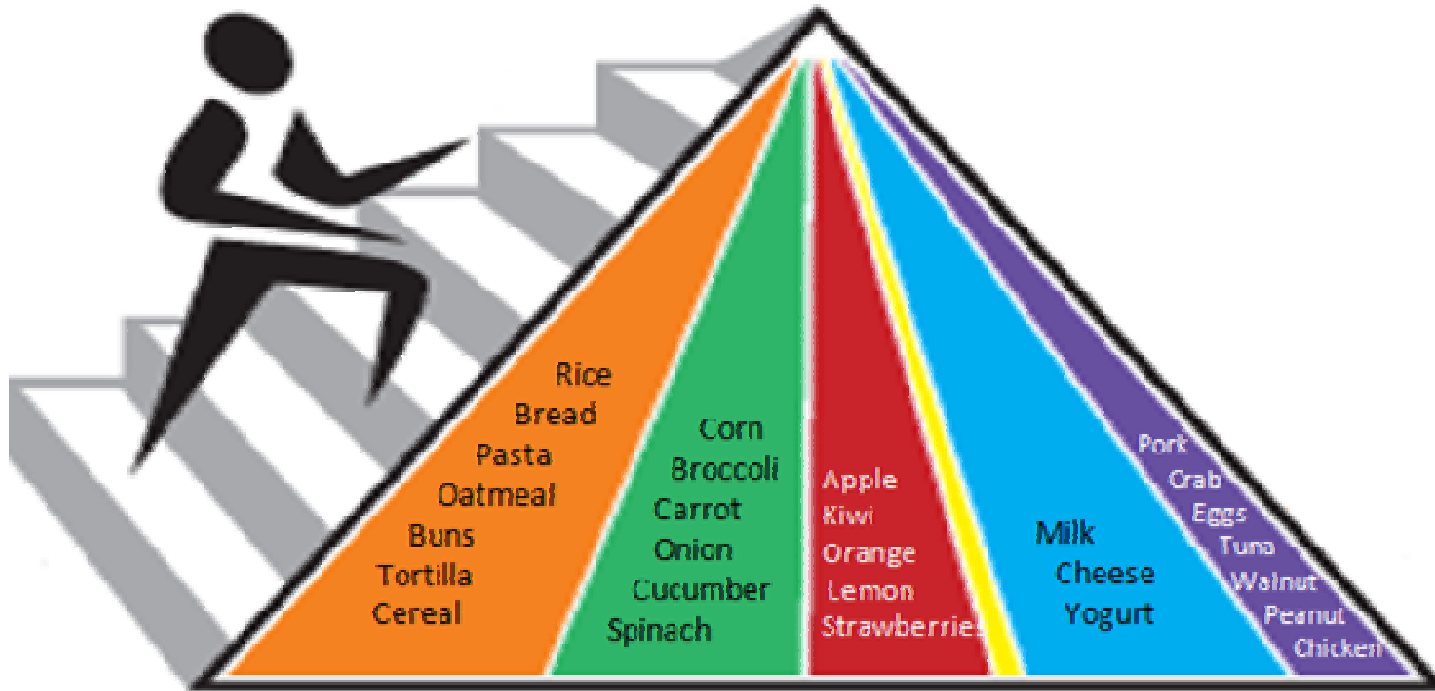


Fruitful Notes—Lesson 3

Examples



**Food Groups/
Number of servings**

What's
missing?

Grain [5-8
servings]

[____ servings]

Fruits[____
____serv.]

oil

[3 servings]

Meat and beans
[2 servings]

**Nutrients these
food groups
contain**

(put check marks for

Nutrients present in each

Carbohydrate						
Protein						
Fat						
Vitamins						
Minerals						

Calories in vitamin water

_____ (number of servings) x _____ (calories in each serving) = _____ (total calories if you drink the whole bottle)

Questions after today's lesson

1. What did you like about today's class?

2. What did you NOT like about today's class?
