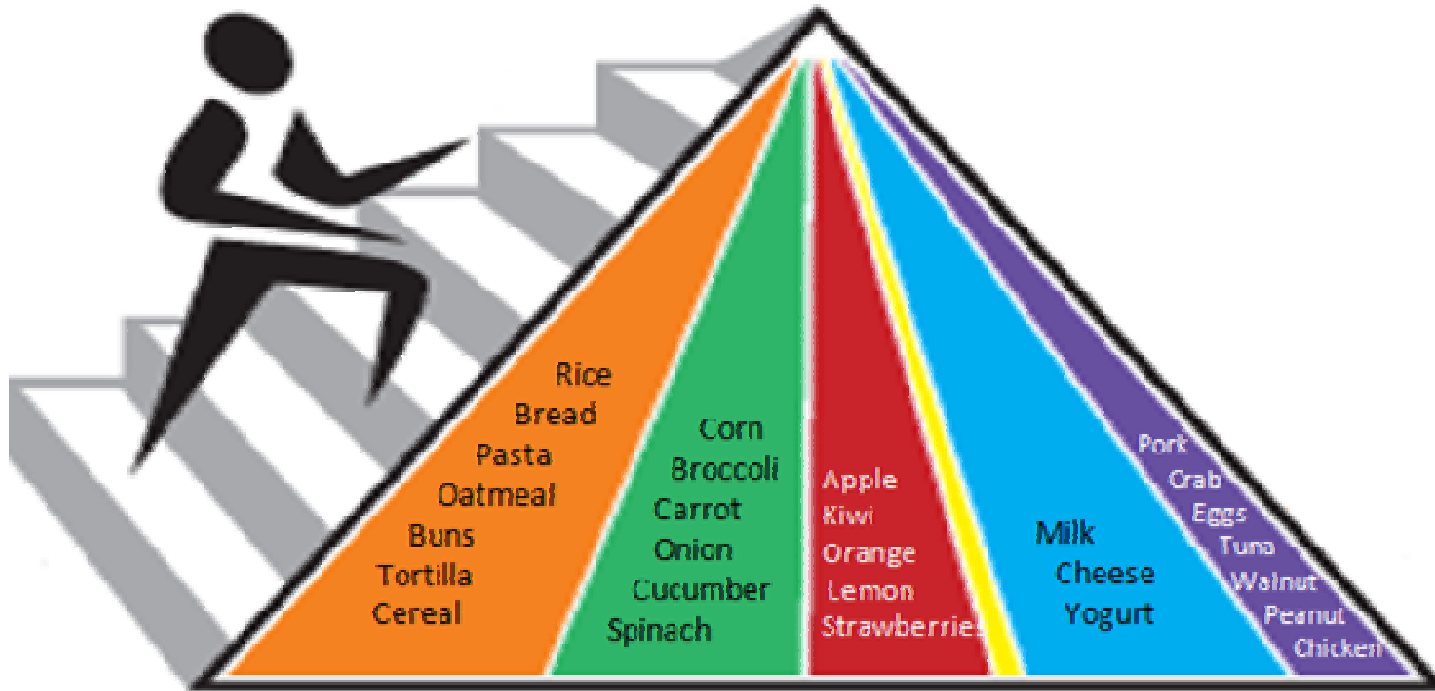


## Fruitful Notes—Lesson 4

### Examples



### Food Groups/ Number of servings

Grains  
[5-8 servings]

Vegetables  
[2-3 servings]

Fruits  
[2-3 serv.]

Oil

Dairy  
[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						

## **Advertising techniques**

1. Emotions \_\_\_\_\_.
2. Association \_\_\_\_\_.
3. Famous people \_\_\_\_\_.
4. New and improved \_\_\_\_\_.
5. Value \_\_\_\_\_.
6. Jingles \_\_\_\_\_.
7. Characters \_\_\_\_\_.

## **Questions for the athlete (for example, questions about nutrition, what they eat, how much they exercise.....etc.)**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.