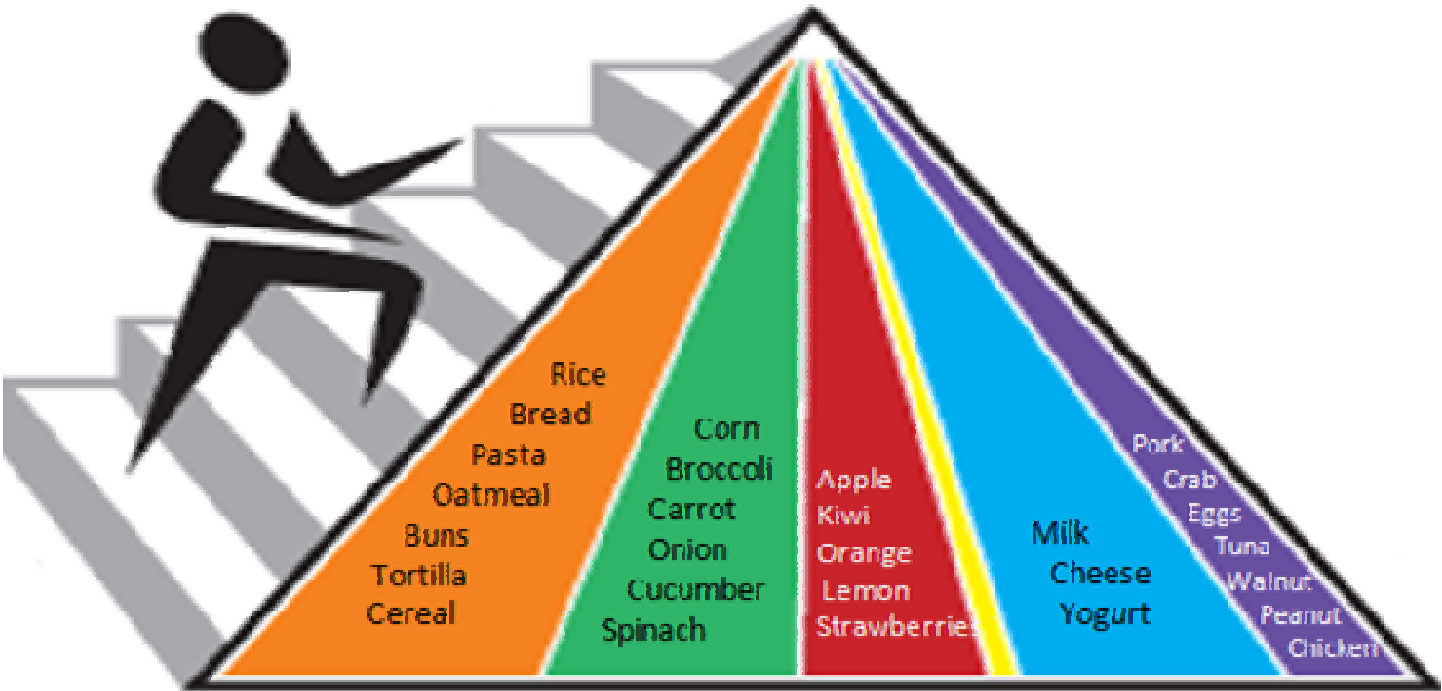


Fruitful Notes—Lesson 2

Examples



Food Groups/
Number of servings

Grain [5-8 servings]	Vegetables [2-3 servings]	Fruits [2-3 serv.]	oil	Dairy [3 servings]	Meat and beans [2 servings]
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Nutrients these
food groups
contain

(put check marks for
nutrients present in each

Carbohydrate						
Protein						
Fat						
Vitamins						
Minerals						

Mushy bread activity

_____ contains fiber, so when it is soaked in orange juice, the fiber helps to hold the bread together.

_____ does NOT contain a lot of fiber, so it breaks apart more easily.

The fiber in wheat bread allows us to 1. _____
2. _____

Questions after today's lesson

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

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