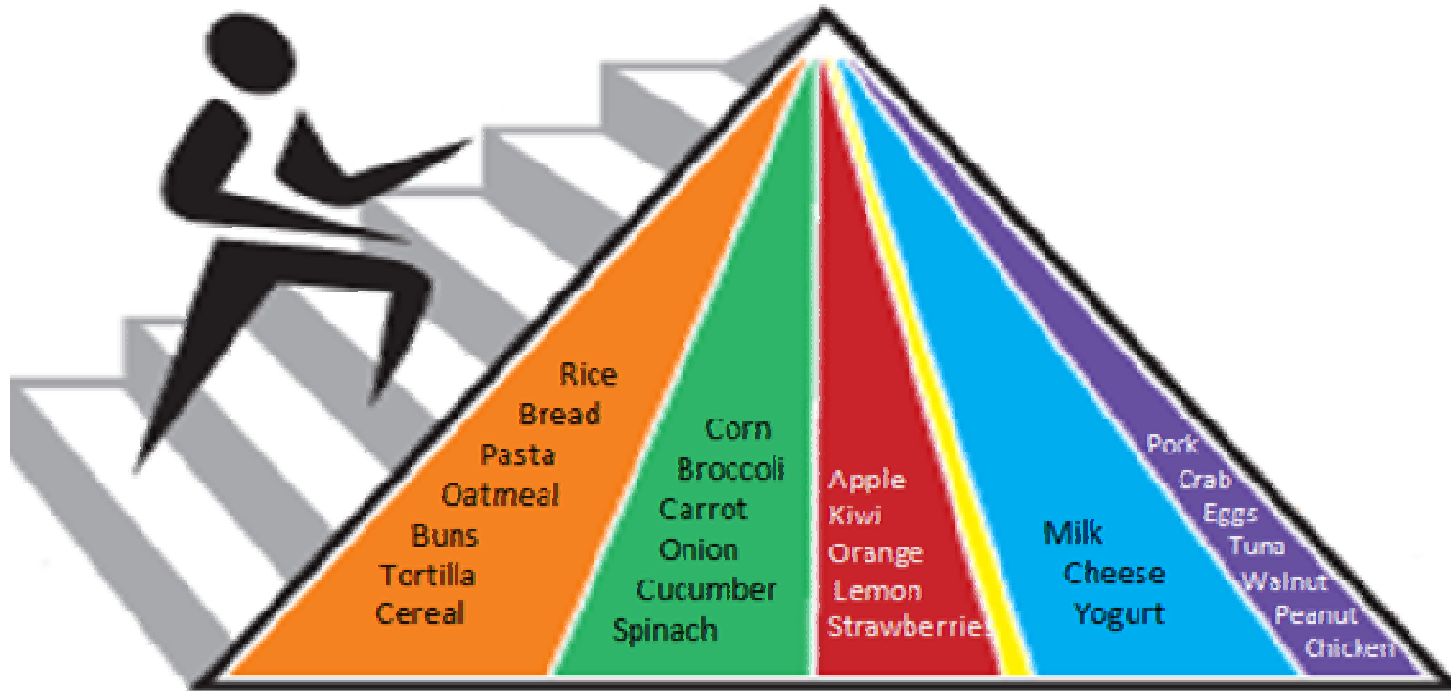


Fruitful Notes—Lesson 6

Examples



**Food Groups/
Number of servings**

_____	_____	_____	—	_____	_____
[5-8 servings]	[2-3 servings]	[2-3 serv.]		[3 servings]	[2 servings]

**Nutrients these
food groups
contain**

(put check marks for
nutrients present in each)

Carbohydrate						
Protein						
Fat						
Vitamins						
Minerals						

Which food group(s) are rich in fiber? _____