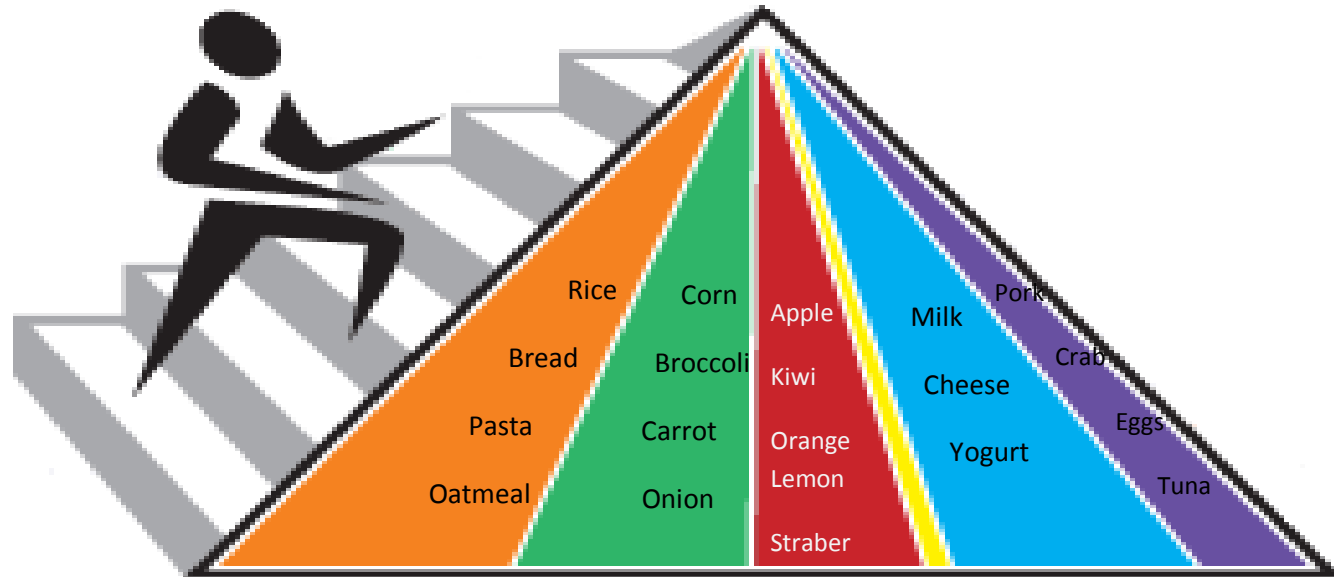


Fruitful Notes—Lesson 3

Examples



Food Groups/ Number of servings

What's
missing?

Grain [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

Food group)

Carbohydrate	✓	✓	✓			
Protein					✓	✓
Fat				✓	✓	✓
Vitamins	✓	✓	✓		✓	✓
Minerals	✓	✓	✓		✓	✓

Calories in vitamin water

2.5 (number of servings) x 50 (calories in each serving) = 125 (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?
