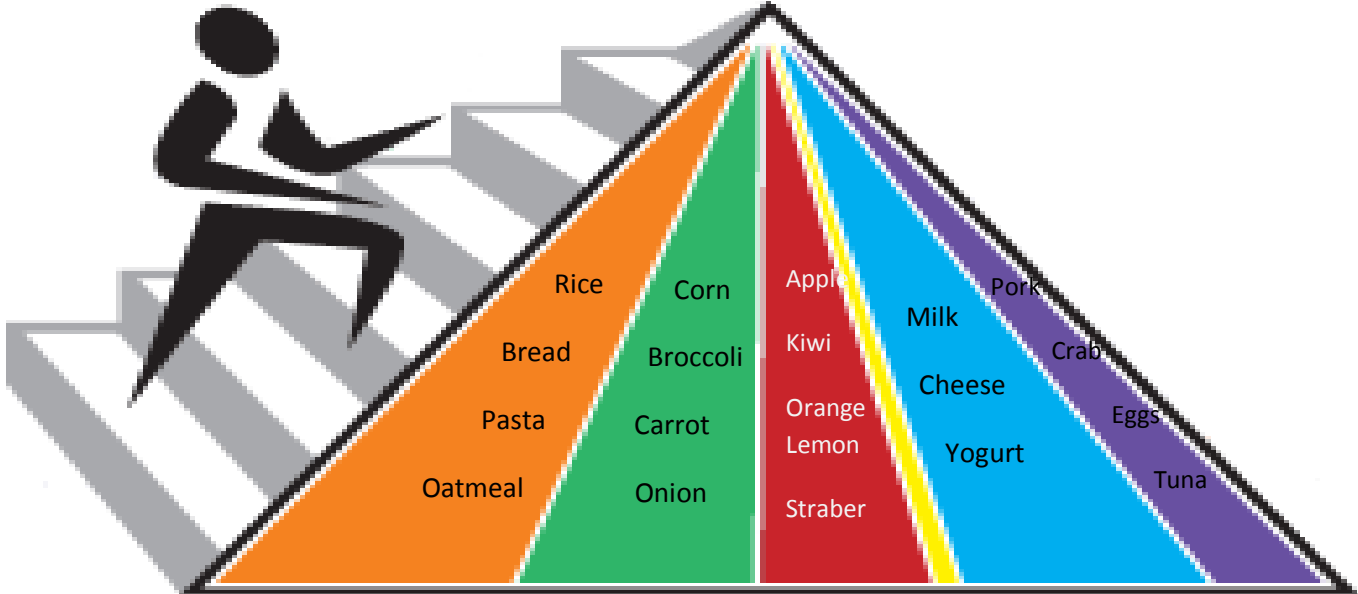


Fruitful Notes – Lesson 1

<p>Examples</p> <p>Examples of foods in different food groups.</p>						
<p>Food Groups/ Number of servings</p>	<p>1.</p> <p>5-8 servings/day</p>	<p>2.</p> <p>2-3 servings/day</p>	<p>3.</p> <p>2-3 servings/day</p>	<p>4</p>	<p>5</p> <p>3 servings/day</p>	<p>6</p> <p>2 servings/day</p>
<p>Create a balanced dinner</p>	<p>1. _____</p> <p>2. _____</p>	<p>1. _____</p> <p>2. _____</p>	<p>1. _____</p> <p>_____</p>		<p>1. _____</p> <p>2. _____</p>	<p>1. _____</p> <p>_____</p>

We want to know more about you!

1. What questions do you have about nutrition?

2. What topics related to nutrition are interesting you?

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

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