

Grocery Store Treasure Hunt

Grains

Breakfast cereals are a good way to add whole grains to your day. Look for a cereal that has one of these words as the first ingredient: oatmeal, whole-grain corn, whole oats, or whole wheat.

Check the box and name the cereal

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

Check the box and name the bread

Vegetables

Look for a dark green and an orange vegetable.

Check the box and name the orange vegetable

Check the box and name the dark green vegetable

Fruits

Find a fruit juice that is 100% juice.

Check the box and name the juice



Parents:

Take this sheet along with you the next time you go to the supermarket and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.



Get your calcium-rich foods

Milk

Milk group foods give us calcium. Find a calcium-rich food to eat for a snack, such as fat-free yogurt or lowfat cheese.

Check the box and name the snack

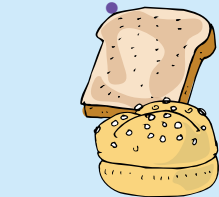
Meat and Beans

Cooked dry beans are in the meat and beans food group because they are a good source of protein. Find some dry beans.

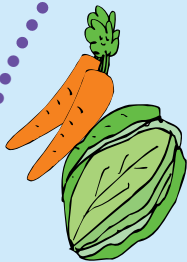


Go lean with protein

Check the box and name the beans



Make at least half of your grains whole.



Vary your Veggies