

FOOD MATH

Healthy food choices make healthier kids! Every day, 9-10 year old kids should have:

Grains: 6 ounces Vegetables: 2½ cups Fruit: 1½ cups Milk: 3 cups Protein: 5 ounces

Design a menu for one whole day, choosing from the foods listed below. Put a B for breakfast, L for lunch, D for dinner and S for snack next to the items you choose. You can select an item more than once, just make sure the totals for the day match the guidelines listed above.

GRAINS

(total: 6 ounces)

- ___ 1 slice bread = 1 ounce
- ___ 5 crackers = 1 ounce
- ___ 1 cup breakfast cereal = 1 ounce
- ___ ½ cup rice = 1 ounce
- ___ 1 cup pasta = 2 ounces
- ___ 1 hamburger bun = 2 ounces
- ___ 3 cups popcorn = 1 ounce

VEGETABLES

(total: 2 ½ cups)

- ___ 6 baby carrots = ½ cup
- ___ 1 ear of corn = 1 cup
- ___ 1 baked potato = 1 cup
- ___ 1 sweet potato = 1 cup
- ___ 1 cup lettuce = ½ cup
- ___ 3 pieces broccoli = 1 cup

MILK

(total: 5 ounces)

- ___ 1 cup fat-free milk = 1 cup
- ___ 1 snack-sized yogurt = ½ cup
- ___ 2 ounces American cheese = 1 cup
- ___ 1 ½ ounces cheddar cheese = 1 cup
- ___ 1 ½ cups ice cream = 1 cup

PROTEIN

(total: 5 ounces)

- ___ handful of nuts = 2 ounces
- ___ 1 cup split pea soup = 2 ounces
- ___ 1 small serving chicken = 3 ounces
- ___ 1 small hamburger = 3 ounces
- ___ 1 hard-boiled egg = 1 ounce
- ___ 1 tablespoon peanut butter = 1 ounce
- ___ 1 slice turkey = 1 ounce

FRUITS

(total: 1 ½ cups)

- ___ 1 small apple = 1 cup
- ___ 1 large orange = 1 cup
- ___ 1 cup orange juice = 1 cup
- ___ 1 plum = ½ cup
- ___ 1 small box raisins = ½ cup
- ___ 1 wedge cantaloupe = ½ cup
- ___ 1 wedge watermelon = 1 cup