

## 2<sup>nd</sup> Grade Nutrition Test Review Sheet

Some examples of foods from each group:

Grain	Protein	Fruits	Veggies	Dairy
Bread	Peanut butter	100% Juices	Carrots	Milk
Cereal	Chicken	Apple	Broccoli	Yogurt
Popcorn	Pork chops	Banana	Spinach	Cheese
Pasta	Fish	Strawberry	Celery	Ice Cream
	Eggs			

**Nutrients** are the parts of food that help you grow and give you energy.

Eating foods from **all the food groups** will help you to be healthy.

**Fruits and vegetables** have a lot of **vitamins**.

**Dairy** foods have a lot of **calcium**.

**Water** is the best thing to drink.

**Protein** helps your muscles get strong.

**Grains** give you energy. You should make some of your grains **whole grains**.

**Breakfast** is the most important meal of the day.

Eating a healthy diet means you have more energy all day.

**Sometimes foods** are foods that are not healthy. We should only eat them sometimes.

**Sugar** is hidden in a lot of foods and drinks.

You can read the **nutrition label** to know what is in a food.

**MyPlate** is a food guide we use to know what foods to eat.