

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

- ____ 1 slice bread = 1 ounce (total: 6 ounces)
____ 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

- ____ 6 baby carrots = ½ cup (total: 2 ½ cups)
____ 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