This material was adapted by Child Nutrition & Wellness, Kansas State Department of Education from the following sources:

- Fruitsandveggiesmorematters.org. Produce for Better Health Foundation.

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(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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Make Half Your Plate Fruits & Vegetables
A-MAZE-ING Fruits & Vegetables

Find your way through this maze from “start” to “finish.” Write the letters you meet on the way to learn what your body gets from eating colorful fruits and vegetables.

Eating fruits and vegetables gives your body important ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ and minerals!
Look for and circle these five lean protein choices in the word search:

- fish
- beans
- chicken
- roast beef
- hummus
Switch to Skim or low-fat (½–1%) Milk

National Institutes of Health/Department of Health and Human Services
http://www.nichd.nih.gov/milk/kidsteens.cfm
Make at Least Half Your Grains Whole

The words at the bottom of the page are hidden in the slice of bread. Can you find them? They may be written backwards, diagonally, horizontally or up and down.

bran bread carbohydrate cereal endosperm energy fiber food guide pyramid germ grain iron nutrients pasta protein riboflavin wheat kernel

ChooseMyPlate.gov
Draw Pictures of Foods & Design Your Plate Using ChooseMyPlate as Your Guide

ChooseMyPlate.gov
Did You Know That Fruits & Vegetables Grow In Different Places?

We grow on Trees

We grow underground

We grow on a Bush

We grow on a Vine
Unscramble these word puzzles and find the names of some common items you might find in the kitchen.

**Answer Key:**
- Apron
- Chef Hat
- Knife
- Pan
- Toaster
- Spoon
- Plate
- Blender