

Food Families

Words to Know

cholesterol: a fatty substance found in blood tissues; too much can cause heart attacks

dairy: milk, butter, and cheese products

lean: little or no fat

minerals: nutrients the body needs for growth

nutrients: parts of food the body uses for energy and growth

poultry: birds raised for eggs or meat

vitamins: nutrients the body needs for good health

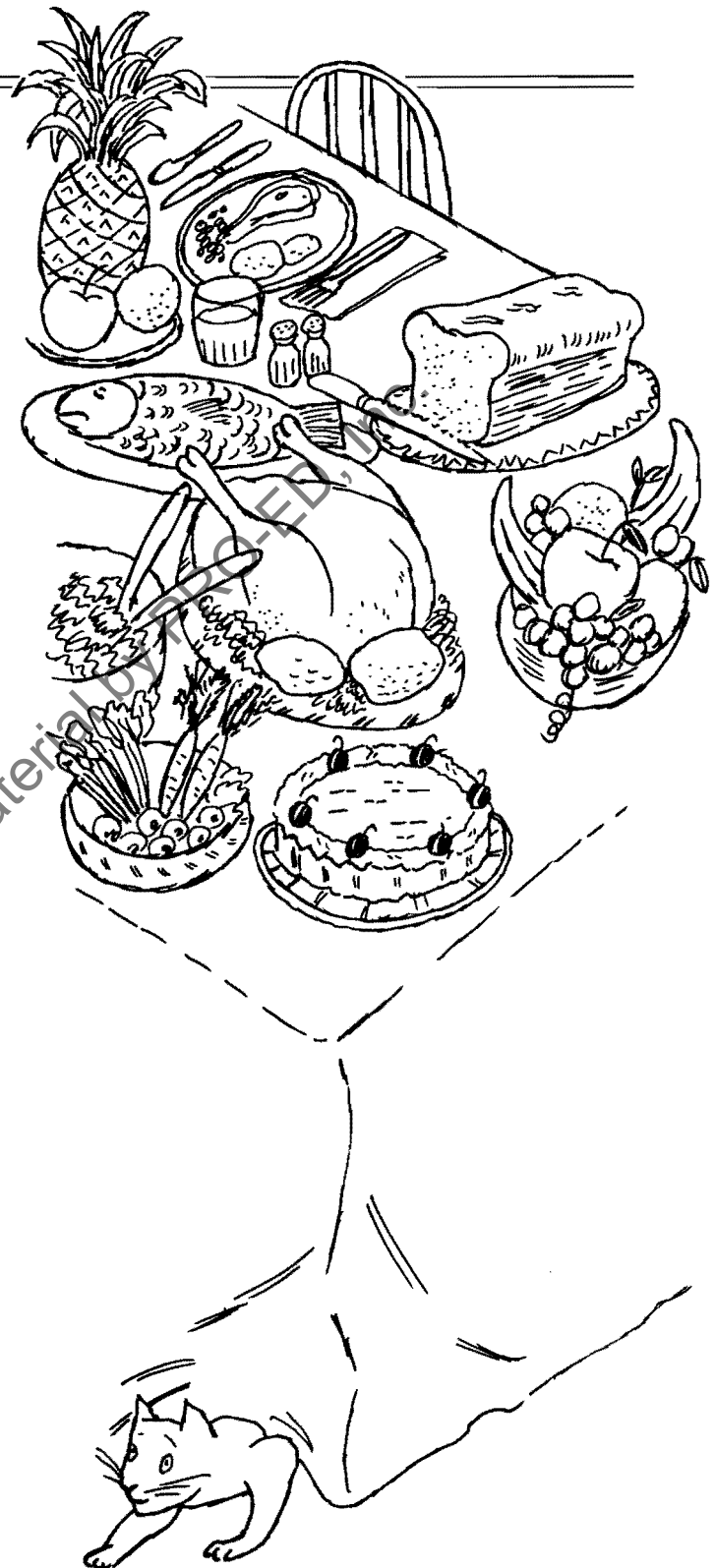
Everything we eat belongs to a certain food group or food *family*. To stay healthy we need to eat foods from each group every day. You need about forty different nutrients daily to stay healthy. These include vitamins and minerals. The nutrients you need are in the foods you eat.

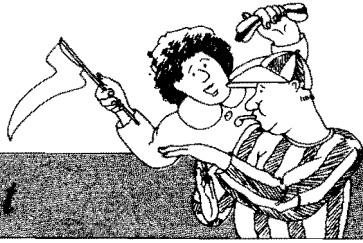
Most foods have several nutrients in them. To stay healthy you must eat different kinds of food. This helps your body get all the nutrients it needs. No one food has all the nutrients to keep you healthy.

On the next few pages you will look at each food group. You will see what foods belong to each group.

There are four basic food groups. These are

- Fruits and Vegetables
- Breads and Cereals
- Milk and Cheeses
- Meat, Poultry, Fish, Beans, and Eggs





Fruits and Vegetables

1. If the statement is true, write a T in the blank. If the statement is false, put an F in the blank.

- a. _____ You need four nutrients to stay healthy.
- b. _____ Nutrients include vitamins and minerals.
- c. _____ Bread has all the nutrients you need to stay healthy.
- d. _____ Most foods have several nutrients in them.
- e. _____ To stay healthy you must eat different kinds of food each day.

2. List the four food families.



This group includes

- all fruits
- all vegetables

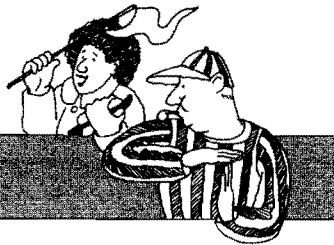
Most fruits grow on trees, like apples, oranges, and bananas. Some, though, like watermelons and cantaloupes grow on vines. Citrus fruits include oranges, grapefruit, lemons, and limes. They are called citrus fruits because they contain citric acid. Most fruits have seeds.

Vegetables are edible parts of plants. Sometimes we eat the leaves, like lettuce and cabbage. Sometimes we eat the roots, like carrots. Sometimes we eat the stalk, like celery and rhubarb.

Both fruits and vegetables are good sources of vitamin A, vitamin C, and fiber. That is why they are grouped together. Different fruits and vegetables give different amounts of these nutrients, so it is important to eat different ones from time to time. Citrus fruits give a lot of vitamin C. Dark green and deep yellow vegetables like squash, broccoli, green beans, and spinach provide vitamin A.

Most fruits and vegetables are low in fat. They don't contain cholesterol, unless it is added when cooked.

A healthy adult needs about four servings of fruits and vegetables each day. One banana, apple, or one quarter slice of cantaloupe can be counted as one serving. One cup of vegetables is also one serving.



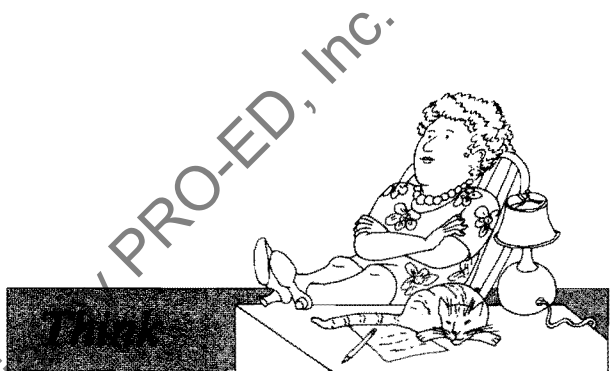
1. Can you name five fruits?

2. Can you name five vegetables?

3. Name three fruits that would be very high in vitamin C.

4. Name three nutrients found in fruits and vegetables.

5. How many servings of fruits and vegetables does a healthy adult need each day?



1. Is a tomato a fruit or vegetable? Why do you think as you do?
