

# Would you rather...

get \$5,000 right now

or

get \$1 a day for the  
rest of your life?

Explain your answer

What is the term that is for this definition?

FIBER is a complex carbohydrate that cannot be broken down or used for energy.

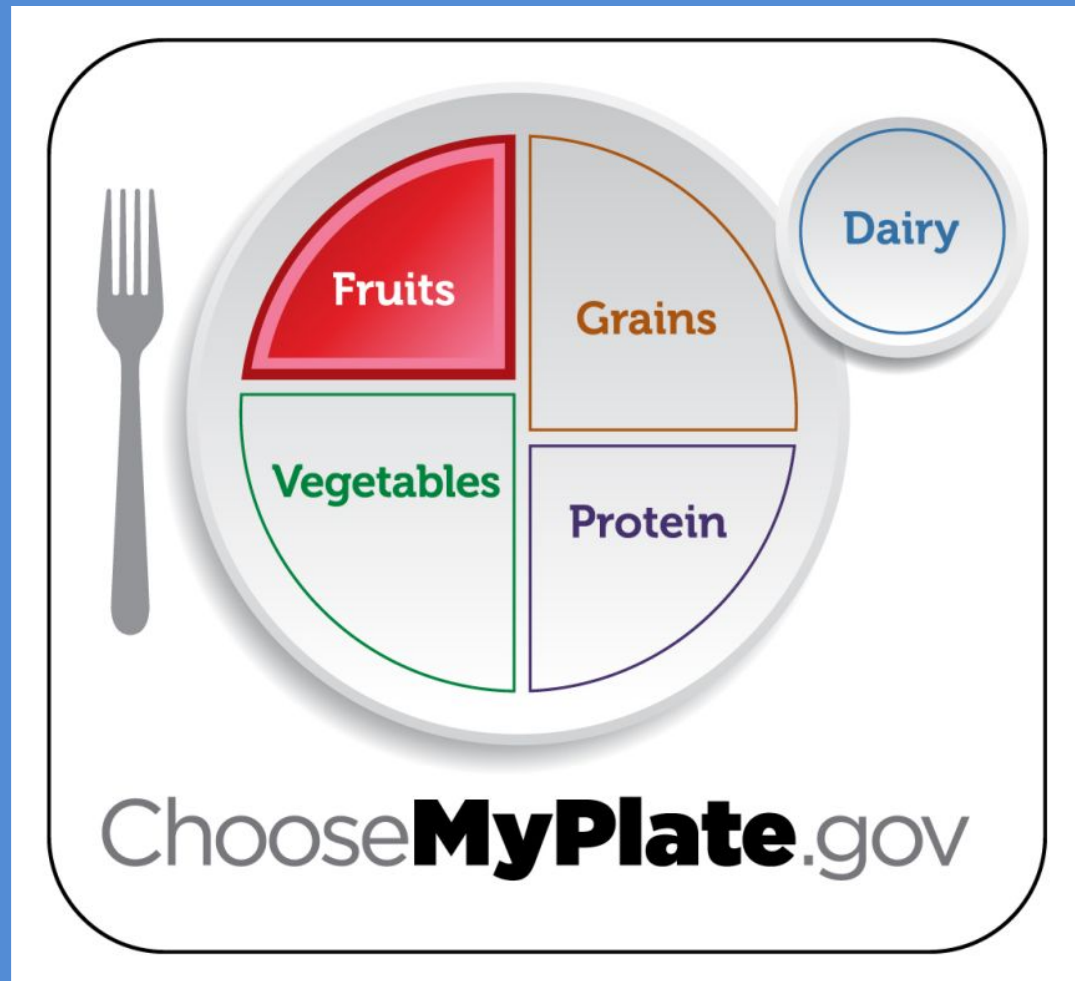
# Fruits

1. Use as snacks, in salads or desserts.
2. **Choose fresh fruits over juice.**

## Key Consumer

### Message:

Make half your plate fruits and vegetables.

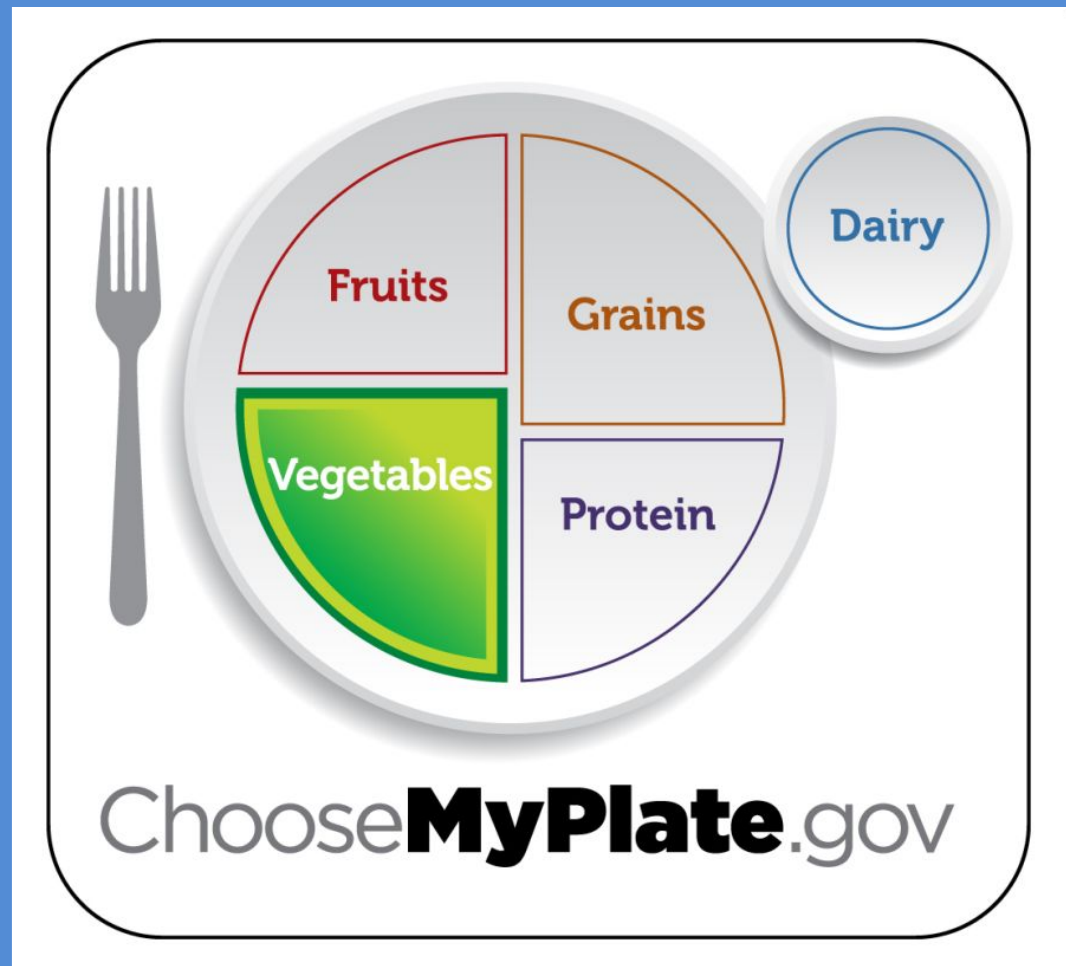


# Vegetables

1. Choose fresh, frozen, canned or dried.
2. Eat red, orange and dark green vegetables.

## Key Consumer Message:

Make  $\frac{1}{2}$  your plate fruits and vegetables.



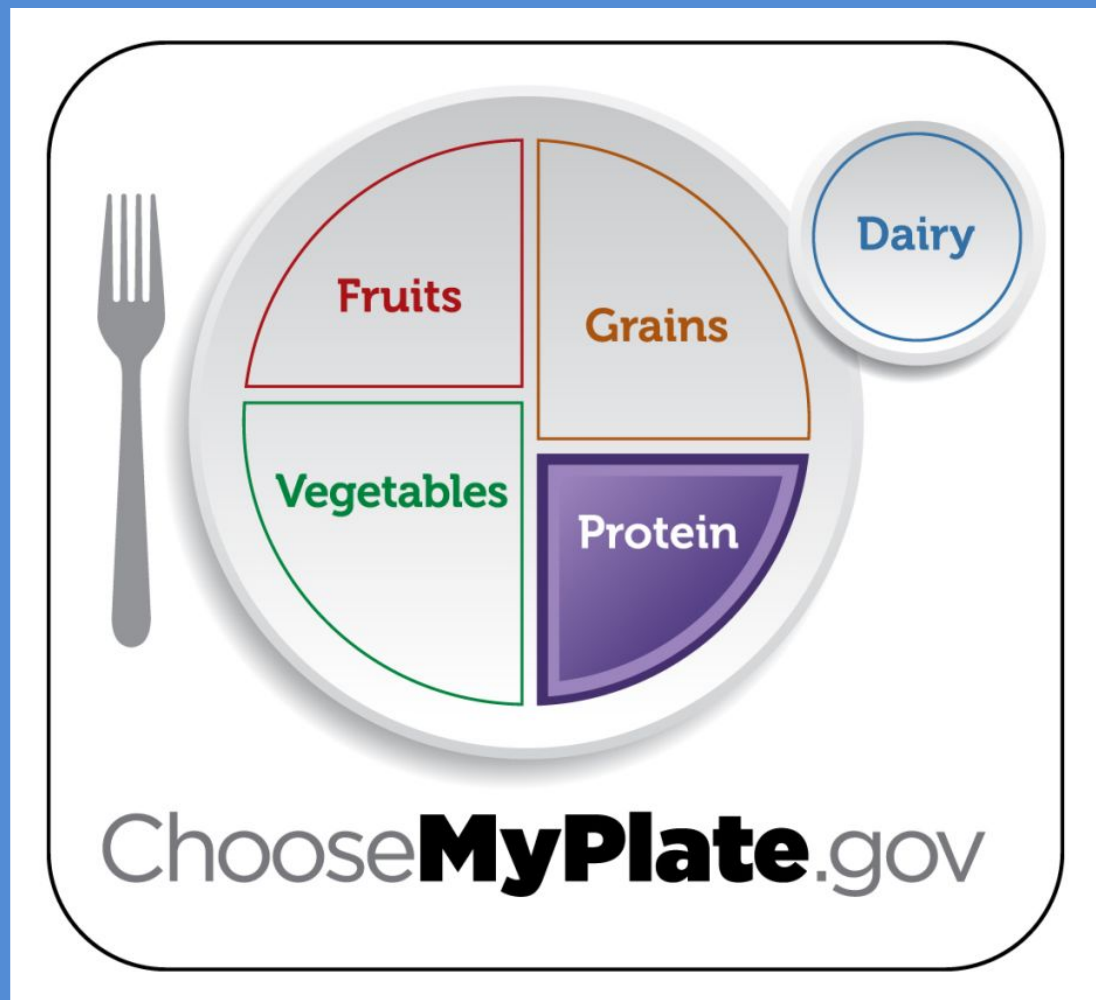
# Protein

1. Choose a variety of different sources.
2. Eat 8 oz. seafood per week.
3. Includes nuts, beans and eggs.

## Key Consumer

### Message:

Keep portions small and lean meat.



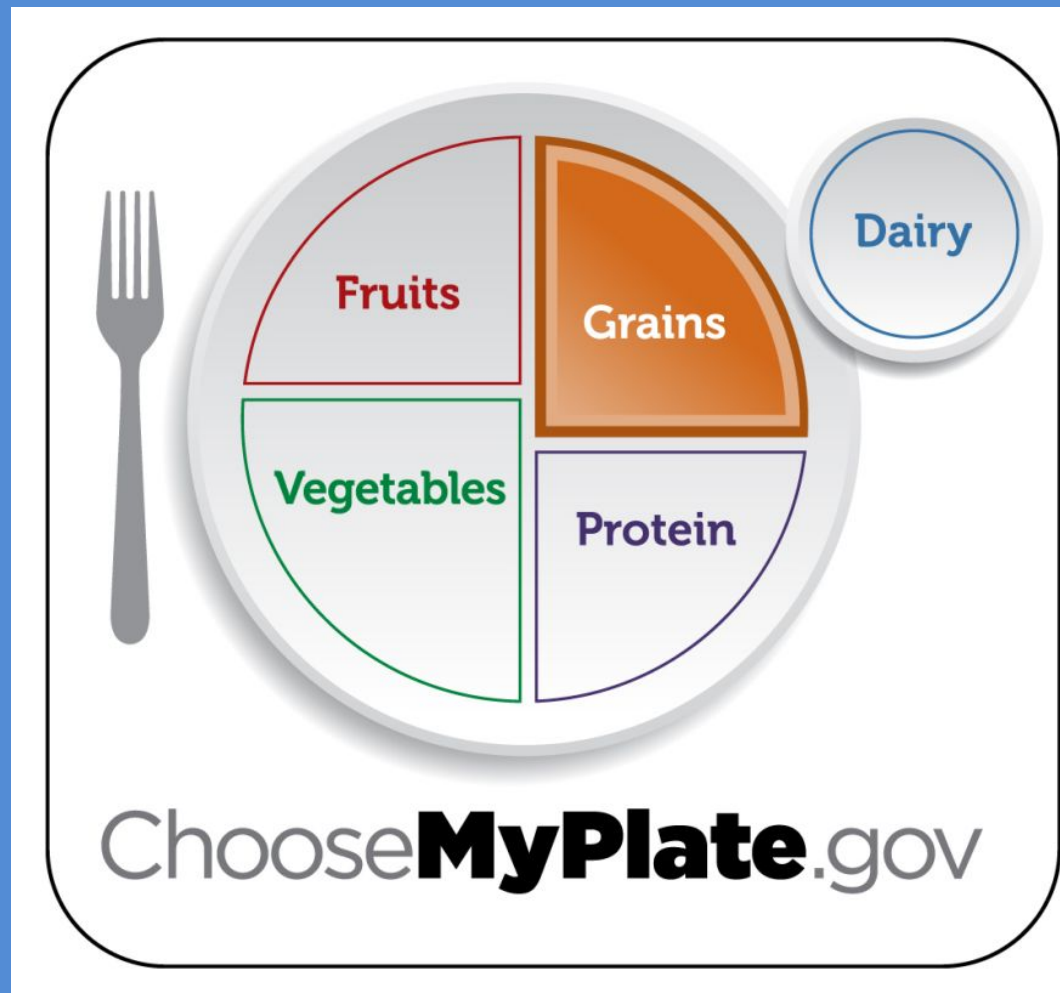
# Grains

1. Choose 100% whole grain cereals, breads, crackers, rice and pasta.

## Key Consumer

### Message:

**Make ½ servings whole grains.**

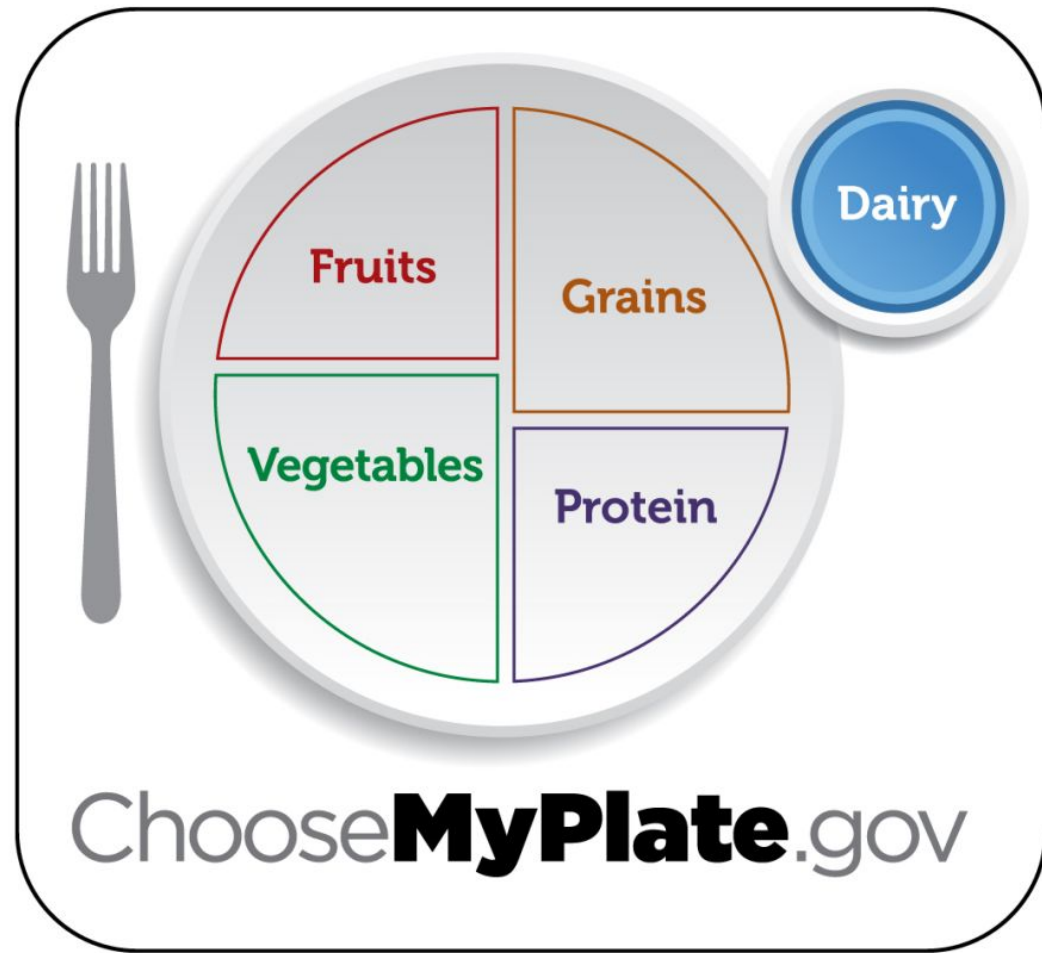


# Dairy

1. Low-fat or fat-free dairy products just means less fat, and have same amount of calcium / other essential nutrients as whole milk.

## Key Consumer Message:

Switch to low-fat or fat-free dairy options.



Directions: In your group, name as many examples for the food group as you can.

Prepare to present 10 examples to the class.

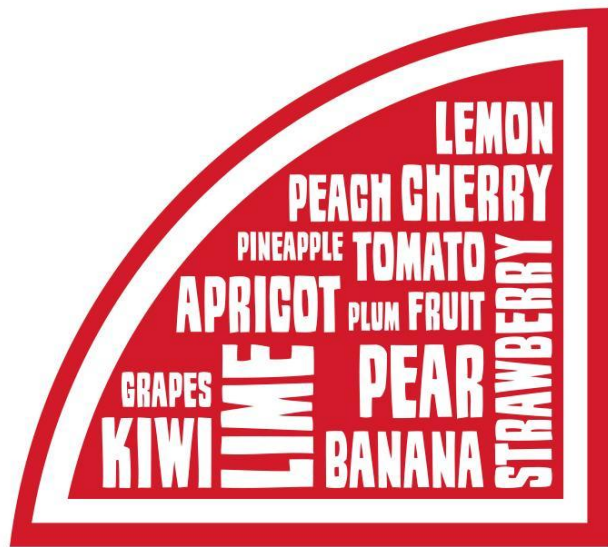
- choose examples that are lesser known

1. Dairy 2. Vegetables 3. Protein  
4. Grains 5. Fruits

part

- read them slowly with a pause





Write at least 4 food examples from the other 4

presentatio