

• What color vegetable should you eat the most?



1. <u>Orange</u>

3. <u>Pink</u>



2. Purple



4. Green







5. <u>Yellow</u>



6. <u>A variety of colors</u>

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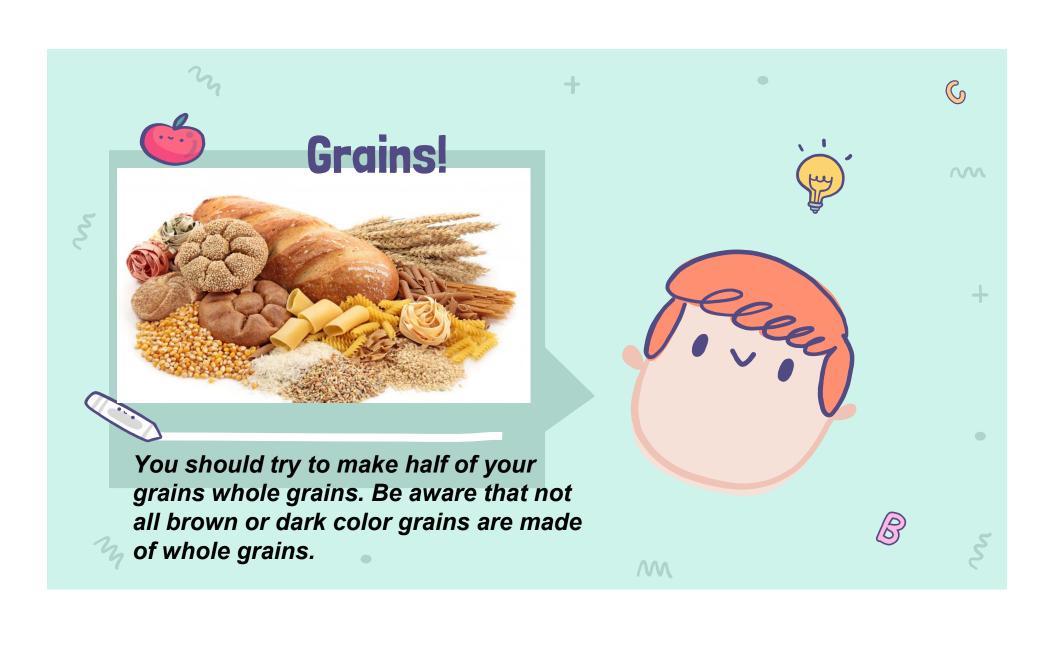
What food group do all these belong to?

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WHEAT	RICE	OATS	CORNMEAL
BARLEY	BREAD	PASTA	CEREALS
TORTILLAS	BROWN RICE	POPCORN	FLOUR

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What is the best way to know that the bread you are buying is a whole-grain bread?

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1. The bread tastes "grainy"

3. The label says "100% wheat"

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2. Bread is brown in color

4. Any ingredient includes the word "whole"







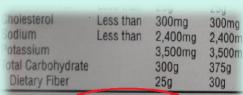


Any ingredient includes the word "whole"



NOT "whole grain"

- •Multi-grain
 - •Bran
- •100% wheat
- •Seven-grain



NGREDIENTS: WHOLE GRAIN WHEAT TO PRESERVICE THE NATURAL WHEAT FLAVOR, BHT IS ADDED TO THE PACKAGING MATERIAL.

MTAINE WHEAT



"Whole Grain"

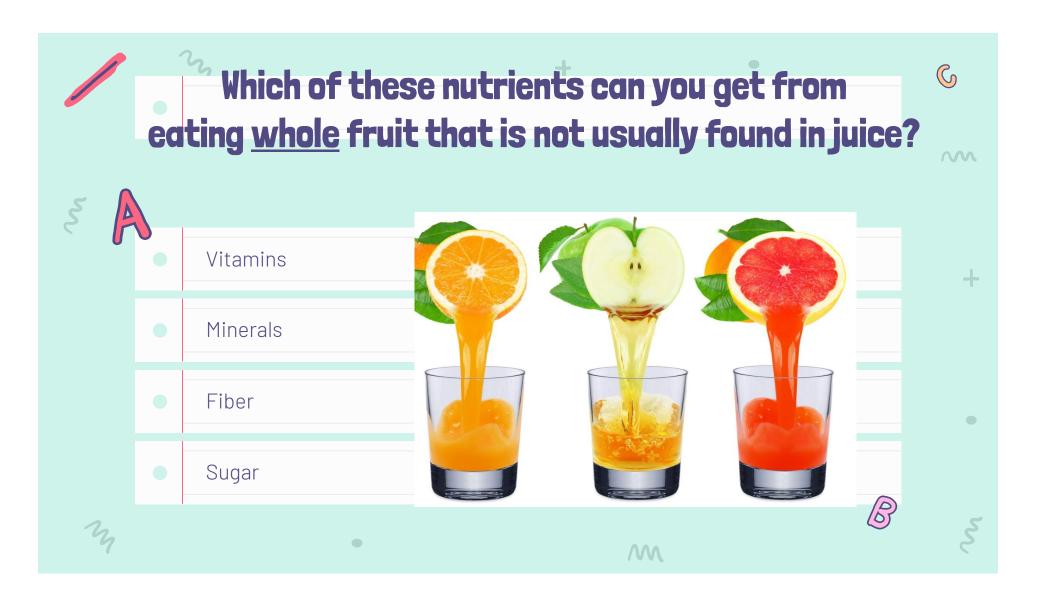
- Whole grain
- Whole oats
- •Whole grain barley
- •Whole grain corn



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Multi-Grain

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WHICH IS HEALTHIER? FRUIT vs. JUICE





1 Orange - 140 G

Calories: 69 KCAL

Fiber: 3 G

Sugar: 12 G

Vitamin C: 83 MG



1 Cup Juice - 8 OZ

Calories: 150 KCAL

Fiber: 0.5 G

Sugar: 25 G

Vitamin C: 39.5 MG





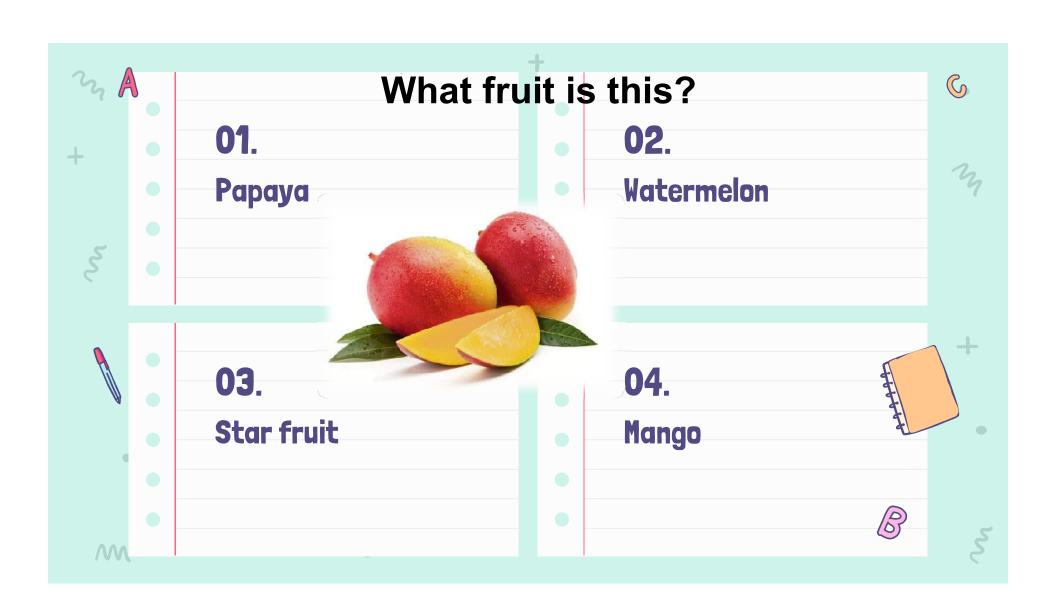


Fiber is found in the pulp of the fruit. When juice is made, the pulp is usually removed.

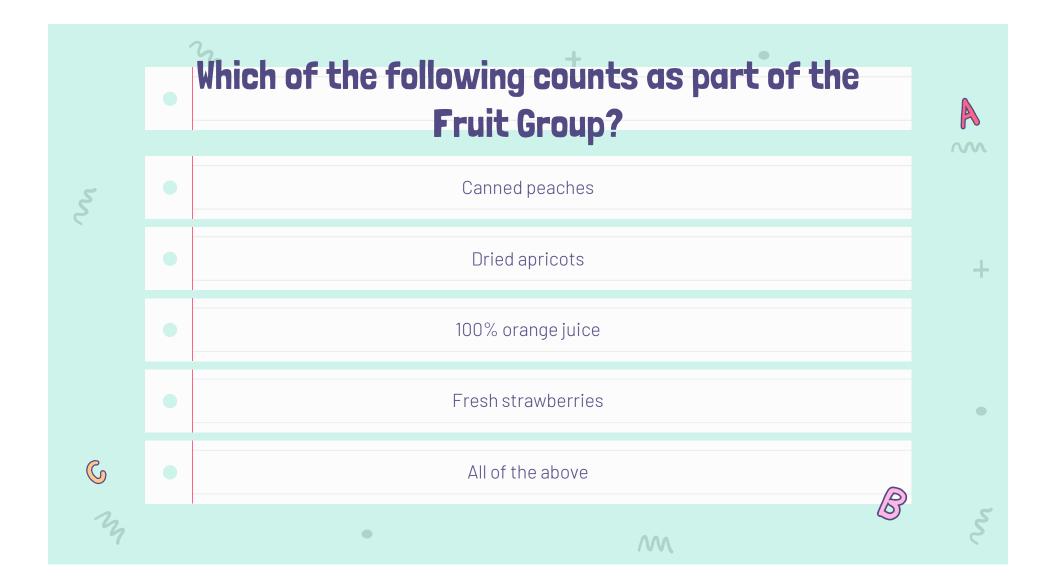


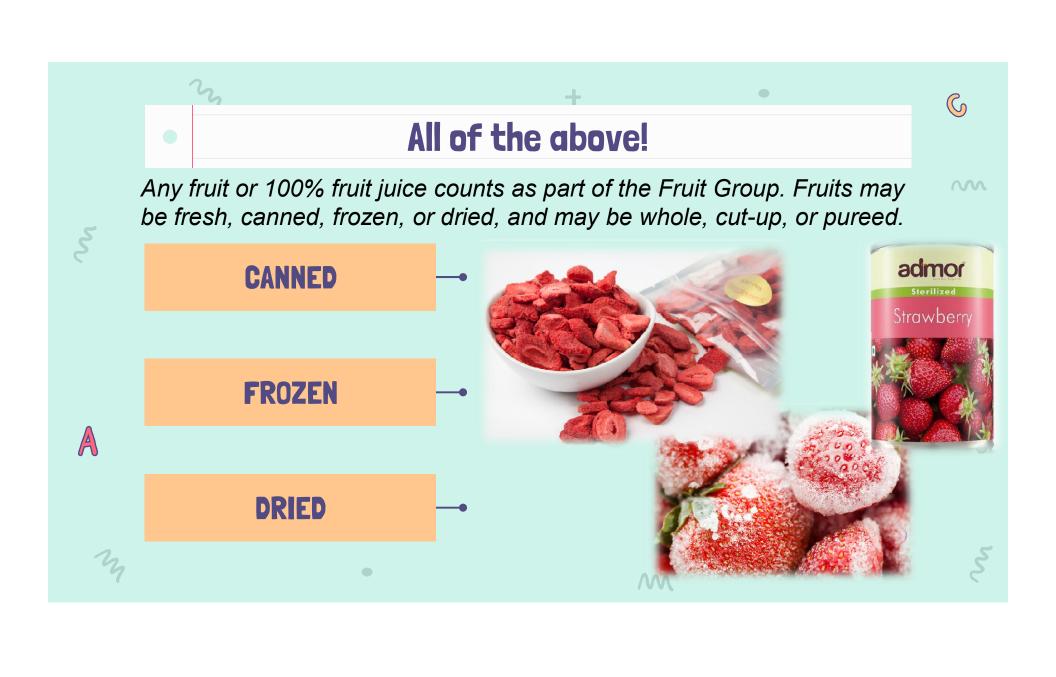
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Grocery Shopping Safety Tips

Is it safe to go grocery shopping during COVID-19??





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