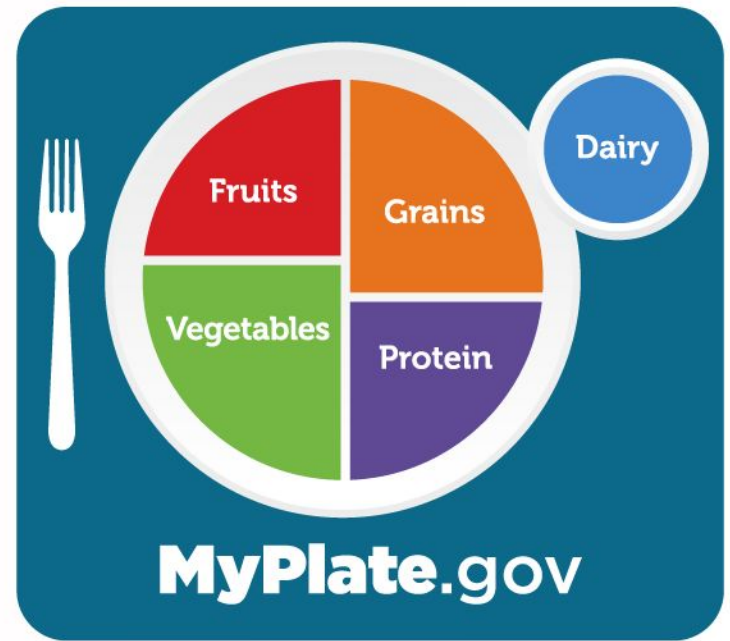




NutritionFromTheHart.com



FRUIT	VEGETABLES	GRAINS	PROTEIN	DAIRY
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500

Food Group Trivia Game  NutritionFromTheHart.com

FRUIT	VEGETABLES	GRAINS	PROTEIN	DAIRY
I grow on a tree. I'm high in fiber and my name rhymes with bear.	My main job is to give you beta-carotene to help your eyes and immune system.	I'm tiny, and when I'm brown, I'm a whole grain with healthy fiber. Stir fry me with veggies!	I'm a lean protein when grilled or roasted and not deep fried. Why did I cross the road?	A common source of the calcium you need. Drink me plain or add a little chocolate.
I give you loads of vitamin C and antioxidants. Add banana and make me a smoothie.	I give you tons of vitamins but I'm also high in fiber & protein. I grow in a pod with friends.	I'm a great <i>meal</i> in the morning, and a main ingredient in granola. I'm full of heart-healthy fiber.	I make milk, tofu, and many other things. I'm one of the best sources of plant protein.	So many to choose from! Swiss, sharp, blue, or Muenster. Choose low-fat when you can.
I'm a member of the rose family. I'm crunchy and I'm called cider when you drink me.	I'm a leafy green with many varieties. Add other veggies to me to make a healthy salad.	I make most of your bread and am most nutritious when eaten <i>whole</i> .	I've got your protein, plus heart healthy omega-3 fatty acids.	I'm packed with plant protein. When I'm fortified with calcium I'm a dairy alternative drink.
All of my potassium is good for your heart. I'm classified as a berry but I don't look like one.	I can be spicy or sweet and when you crunch me I give you loads of vitamin C.	You looked for me as a veggie, but as a popped whole grain I make a healthy snack.	Complete protein in a perfect package. Just don't drop me before I'm cooked.	Get your calcium in traditional or Greek versions. Mix me with granola and fruit for breakfast.
I'm a little hairy on the outside. I'm packed with vitamin C and potassium inside.	I'm a root vegetable and pop up in salads. I give you vitamins, minerals and a bitter crunch.	My bread can be dark or marbled. I'm high in fiber and important minerals.	So many sizes and colors. I'm a plant-based powerhouse full of dietary fiber.	I'm a creamy drink full of calcium, but no lactose, for those who can't tolerate it.



FRUIT ANSWERS	VEGETABLES ANSWERS	GRAINS ANSWERS	PROTEIN ANSWERS	DAIRY ANSWERS
<i>Pear</i>	<i>Carrot</i>	<i>Rice</i>	<i>Chicken</i>	<i>Milk</i>
<i>Strawberry</i>	<i>Peas</i>	<i>Oats</i>	<i>Soy</i>	<i>Cheese</i>
<i>Apple</i>	<i>Lettuce</i>	<i>Wheat</i>	<i>Fish</i>	<i>Soy Milk</i>
<i>Banana</i>	<i>Peppers</i>	<i>Corn</i>	<i>Eggs</i>	<i>Yogurt</i>
<i>Kiwi</i>	<i>Radish</i>	<i>Rye</i>	<i>Beans</i>	<i>Lactose-free Milk</i>

