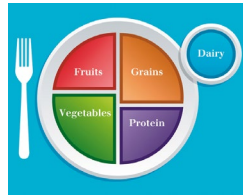


Food Groups

5210 Introduction

To stay healthy, we should all try to eat a well balanced diet. It's essential for us to consume nutrients we need to be healthy and to grow. Using games and activities is a great way to help children learn about healthy eating while having fun at the same time. Use the challenges below to get started!

#foodgroups
#5210HMC



Post to Social Media

Just copy, paste and post!



It's important for everyone to be eating the recommend **5** food groups in order to achieve a well balanced and healthy diet. Check out the recommendations and see what you can add to your diet to improve your overall health. To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Get healthy this month by learning your food groups! It's never to late to start getting your recommended fruits and veggies in!
#5210HMC #foodgroups

Choose a Challenge

Food Sorting Game

<https://5210.psu.edu/wp-content/uploads/2018/09/Food-Sorting-Game-hmc.pdf>

Pack Smart School Lunch

<https://5210.psu.edu/wp-content/uploads/2018/09/Healthy-Lunchbox-Ideas-hmc.pdf>

MyPlate Crossword

<https://5210.psu.edu/wp-content/uploads/2018/09/MyPlate-Crossword-Puzzle-hmc.pdf>

Red Light, Yellow Light, and Green Light Challenge

<https://5210.psu.edu/wp-content/uploads/2018/09/Red-Green-and-Yellow-Light-Challenge-hmc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)