



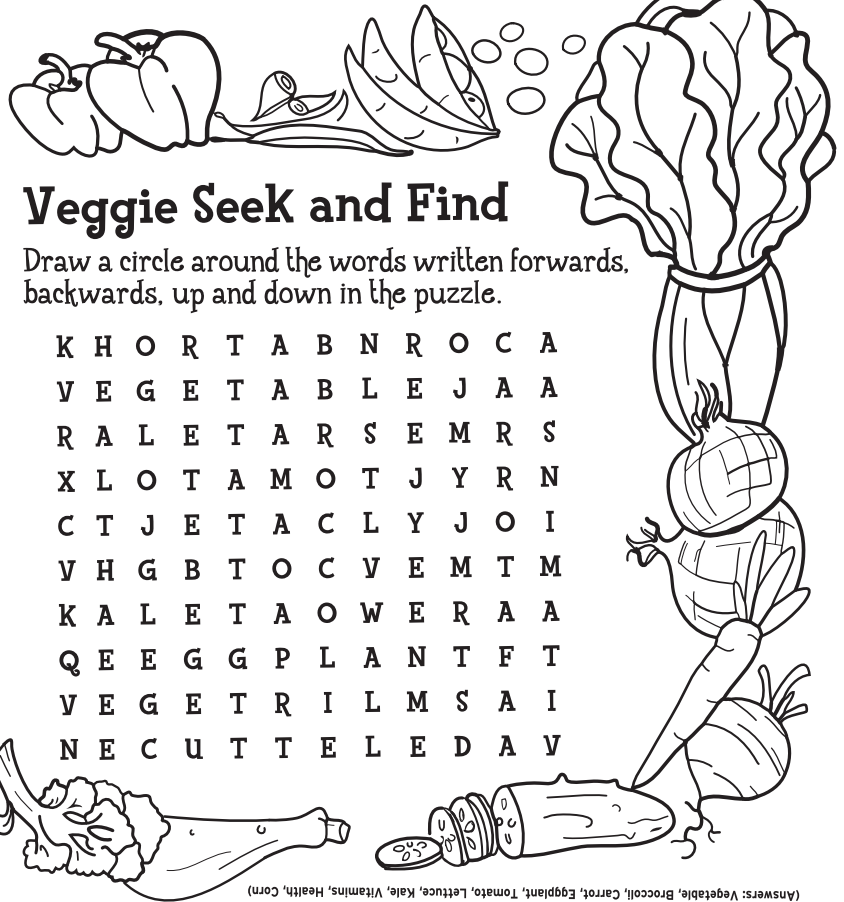
Food and Nutrition

My Plate. My Tray. My Health.



COMMISSIONER TODD STAPLES • TEXAS DEPARTMENT OF AGRICULTURE

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Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K	H	O	R	T	A	B	N	R	O	C	A
V	E	G	E	T	A	B	L	E	J	A	A
R	A	L	E	T	A	R	S	E	M	R	S
X	L	O	T	A	M	O	T	J	Y	R	N
C	T	J	E	T	A	C	L	Y	J	O	I
V	H	G	B	T	O	C	V	E	M	T	M
K	A	L	E	T	A	O	W	E	R	A	A
Q	E	E	G	G	P	L	A	N	T	F	T
V	E	G	E	T	R	I	L	M	S	A	I
N	E	C	U	T	T	E	L	E	D	A	V

(Answers: Vegetable, Broccoli, Tomato, Lettuce, Kale, Vitamins, Health, Corn)

Remember the 3 E's of healthy living:
Education, Exercise and Eating Right.

Make half of your plate fruits and veggies.

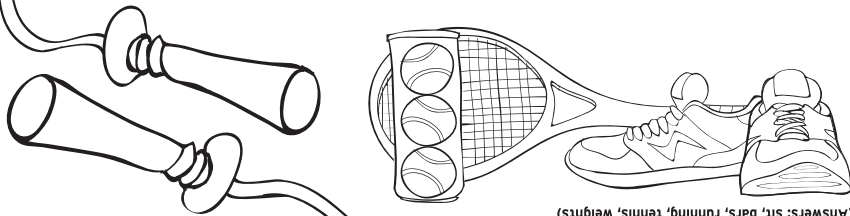
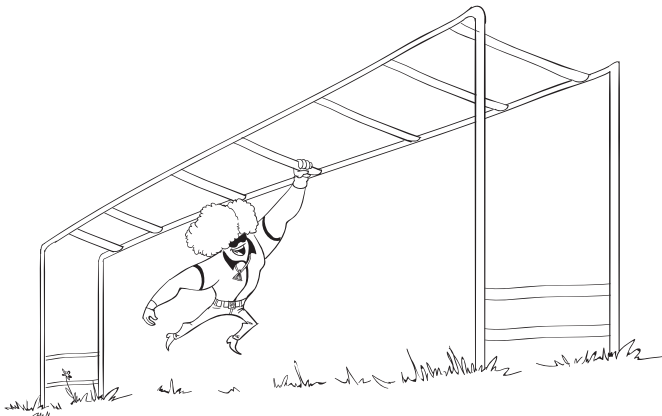
For a step toward healthy living, switch to skim
(fat-free) or 1% milk.

Remember that whole grain makes a difference.
Try to make half your grains whole.

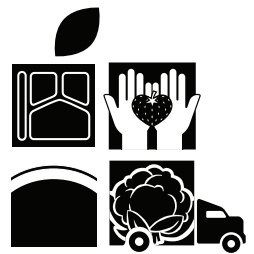
Vary your protein choices.

Work-Out the Answer

To strengthen stomach muscles, I do lots of _____ ups. My arms
are getting stronger because I hang on the monkey _____ at
school. These shoes are great for _____ on the track. I know
it's a game, but swinging the _____ racket is great exercise.
I lift _____ at the gym to build strong muscles.



(Answers: sit, bars, running, tennis, weights)



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3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Squaremeals is the Texas Department of Agriculture's
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