

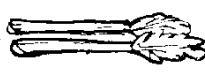













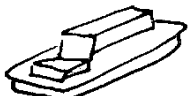
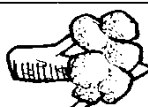








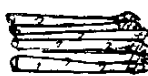
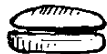


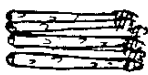


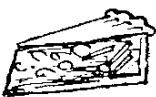





























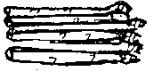










Bread and Cereal Group	Extra Foods Group	Fruit and Vegetable Group	Bread and Cereal Group	Extra Foods Group
 Spaghetti	 Oil	 Celery	 Rice	 Potato chips
 White bread	 Salad dressing	 Cantaloupe	 Whole Wheat Roll	 Cookie
 Crackers	 Doughnut	 Peach	 Noodles	 Soft drink
 Tortilla	 Butter	 Broccoli	 Muffin	 Jelly
 Whole wheat bread	 Cake	 Corn	FREE	 Pie

Extra Foods Group	Fruit and Vegetable Group	Fruit and Vegetable Group	Bread and Cereal Group	Extra Foods Group
 Cake	 Orange	 Asparagus	 Hamburger bun	 Soft drink
 Oil	 Asparagus	 Carrots	 Tortilla	 Pie
 Jelly	FREE	 Celery	 Crackers	 Cookie
 Doughnut	 Bananas	 Cantaloupe	 White bread	 Oil
 Cookie	 Carrots	 Peach	 Whole wheat bread	 Potato chips

Fruit and Vegetable Group	Bread and Cereal Group	Fruit and Vegetable Group	Bread and Cereal Group	Extra Foods Group
 Orange	 Rice	 Bananas	 Crackers	 Butter
 Carrots	 Noodles	 Apple	 Hamburger bun	 Potato chips
 Broccoli	 Muffin	 Cantaloupe	 Whole wheat bread	 Pie
 Asparagus	 Whole wheat roll	 Celery	FREE	 Salad dressing
 Peach	 White bread	 Corn	 Spaghetti	 Soft drink

Adapted from NET Choose Well, Be Well: A Curriculum Guide for the Primary Grades, California State Department of Education, 1982.