

Name: _____ Date: _____

Module 1: Mindful Eating Behaviors

Lesson Theme: Being conscious of where food comes from, what we are eating and why.

ACTIVITY: Lucia needs your help to eat smart and play hard. Pick items in each food group for Lucia to eat the recommended amounts she needs for the day. Make sure she's getting the right portion of food!



Add up the amounts of foods in each food group your circled food choices provide. Do the meals and snacks you planned give her what she needs for the day?

Vegetables 2 cups 	Fruits 1 1/2 cups 	Grains 5 ounces 	Protein 5 ounces 	Dairy 3 cups 
small bowl of romaine lettuce (1/2 cup)	small orange (1/2 cup)	2 slices of whole-wheat bread (2 oz whole grains)	slice of turkey (1 oz)	glass fat-free milk (1 cup)
small bowl spinach (1 cup)	small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
medium baked potato (1 cup)	large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	packet of instant oatmeal (1 oz whole grains)	small hamburger patty (3 oz)	snack-size container low-fat yogurt (1/2 cup)
large sweet potato (1 cup)	mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	small chicken breast half (3 oz)	1 fat-free milk container (1 cup)
6-8 cherry tomatoes (1 cup)	large peach (1 cup)	medium piece of cornbread (1 oz whole grains)	12 almonds (1 oz)	slice low-fat American cheese (1/2 cup)
large ear of corn (1 cup)	large plum (1/2 cup)	small whole-wheat tortilla (1 oz whole grains)	small salmon patty (3 oz)	small low-fat milk carton (1 cup)
side of cooked collard greens (3/4 cup)	snack container of pineapple (1/2 cup)	1 slice white bread (1 oz refined grains)	2 slices ham (2 oz)	
side of cooked lentils (1/2 cup)	small bowl of blueberries (1/2 cup)	1 cup whole-wheat pasta (2 oz whole grains)	3 small turkey meatballs (2 oz)	
cooked cabbage (1 cup)	1 persimmon	1 bowl low-fat granola (1 oz whole grains)	tofu (2 oz)	