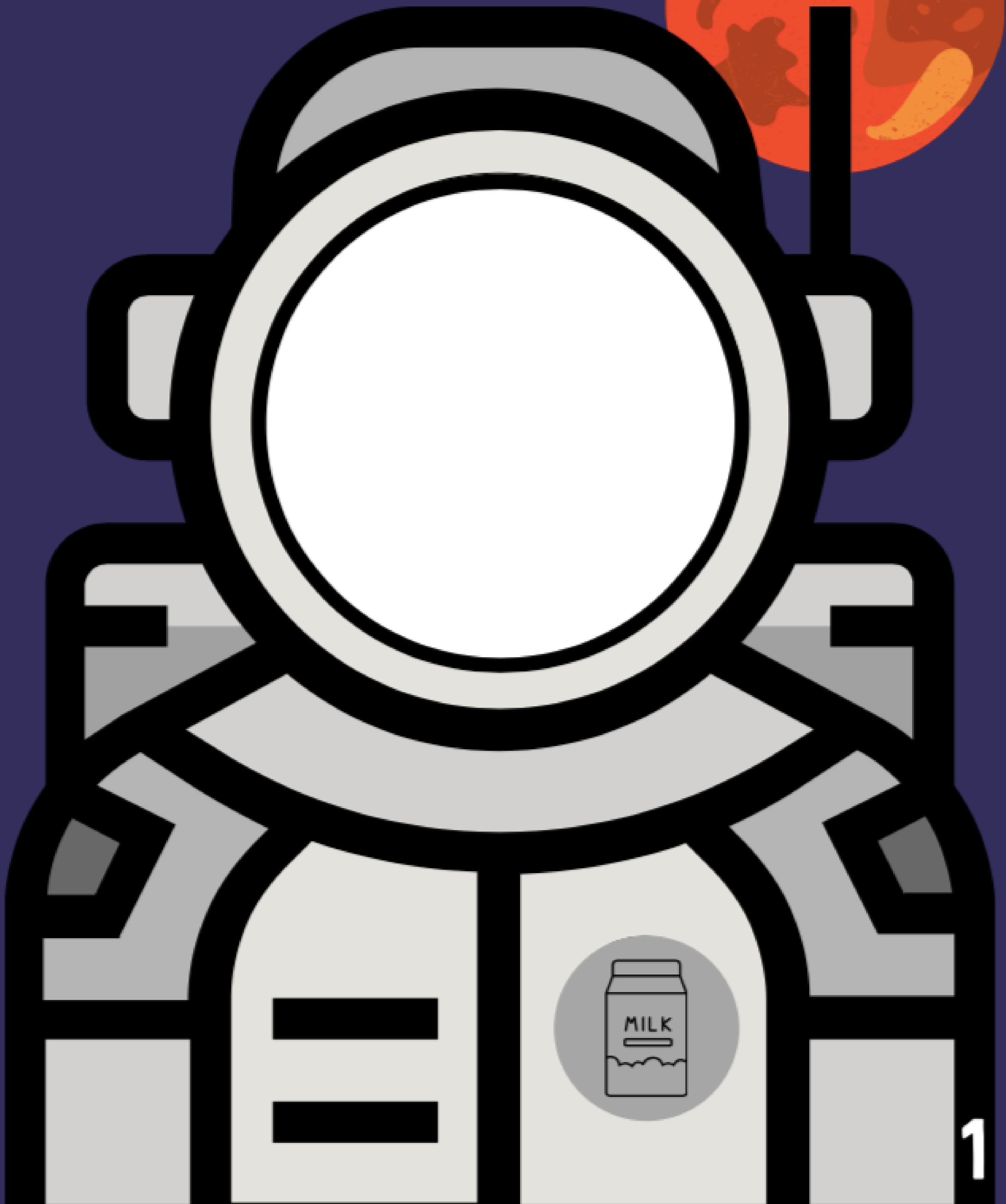
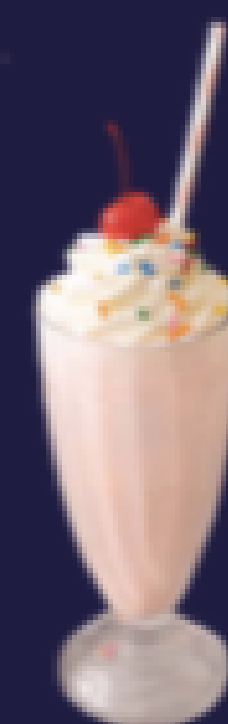
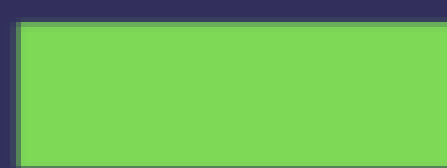


MISSION: DAIRY



BLAST-OFF!

Directions: Fuel your rocket! Circle dairy foods that total six fuel cells, then color in the fuel cells on the rocket ship!



Your rocket can't blast - off with just dairy...remember your body gets fuel from fruits, vegetables, grains, proteins, and dairy! Eat a balanced plate to have plenty of energy!



MY - MERCURY



VERY - VENUS



EDUCATED - EARTH



MOTHER - MARS



JUST - JUPITER



SERVED - SATURN



US - URANUS



NACHOS - NEPTUNE



COMET TOSS

Answer the questions below as we play!

1. WHAT IS THE BEST CHOICE TO MAKE WHEN EATING DAIRY ...PLAIN LOW-FAT YOGURT OR ICE CREAM?

2. WHAT VITAMIN DOES DAIRY CONTAIN?

3. TRUE OR FALSE: IT'S OKAY TO SOMETIMES HAVE SOME SWEET TREATS!

4. FILL IN THE BLANK:
DAIRY HELPS KEEP OUR _ _ _ _ _ STRONG !

5. NAME ONE FRUIT YOU LIKE TO EAT:

6. NAME ONE VEGETABLE YOU LIKE TO EAT:

7. TRUE OR FALSE: FRUITS AND VEGETABLES CONTAIN VITAMINS AND MINERALS TO PROTECT OUR BODIES FROM GETTING SICK.

8. TRUE OR FALSE: ITS IMPORTANT TO "EAT THE RAINBOW" AND CHOOSE FRUITS AND VEGETABLES OF ALL DIFFERENT COLORS !

ANSWERS

1. PLAIN LOW-FAT YOGURT 2. VITAMIN D 3. TRUE 4. BONES 5. ANSWEERS MAY VARY 6. ANSWEERS MAY VARY 7. TRUE 8. TRUE

9. CIRCLE ONE: I SHOULD MAKE SURE (HALF/NONE) OF THE GRAINS I EAT ARE WHOLE GRAINS.

10. TRUE OR FALSE: GRAINS GIVE ME ENERGY!

11. FILL IN THE BLANK:

PROTEIN HELPS OUR HAIR, SKIN, AND _ _ _ _ _ GROW!

12. TRUE OR FALSE : PROTEINS CAN COME FROM PLANT AND ANIMAL SOURCES.

13. WHAT CAN WE USE AT MEAL TIME TO HELP US MAKE HEALTHY CHOICES ?

14. FILL IN THE BLANK: THERE ARE _ _ _ _ _ FOOD GROUPS! THEY ARE ALL REPRESENTED ON MYPLATE

15. TRUE OR FALSE: AT SUMMER NUTRITION CLUB WE LEARNED ABOUT FRUITS, VEGETABLES, GRAINS, PROTEINS, AND DAIRY!

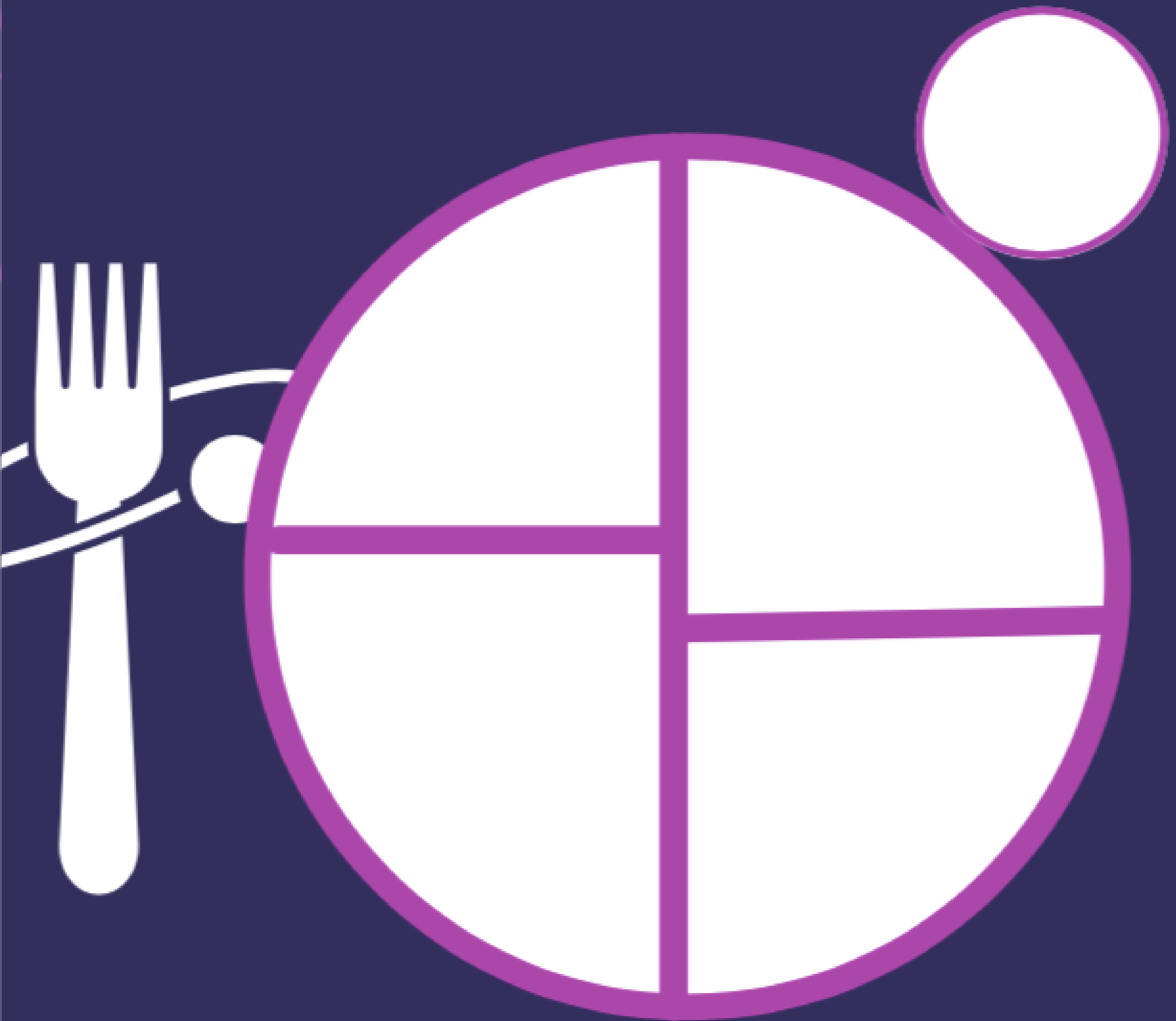
ANSWERS

9. HALF 10. TRUE 11. NAILS 12. TRUE 13. TRUE 14. MYPLATE 15. TRUE



MAKE AN ASTRONAUT MEAL

Rules: Meal must not require refrigeration, it must be able to be eaten in zero gravity, and it must contain an item from all 5 food groups.



Ingredients

- 1 tablespoon + 2 teaspoons of instant chocolate or vanilla pudding mix
- 1 tablespoon + 2 teaspoons of powdered milk
- 1/4 cup of water



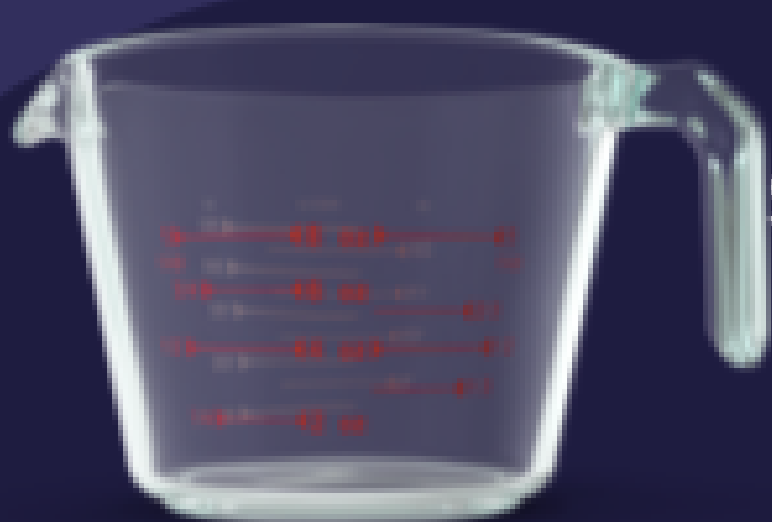
Try adding fresh low-fat milk instead of powdered!

DID YOU KNOW...

Scientists at NASA are currently researching how to grow food in space!

Directions

1. Scoop the instant pudding mix and powdered milk into a zip-lock bag.
2. Measure and add water into bag.
3. Shake and knead bag.
4. Optional: add freeze dried fruit for the ultimate space food experience!



When measuring wet ingredients, set the measuring cup on a flat surface and look at the liquid from eye level to ensure you have poured the right amount!