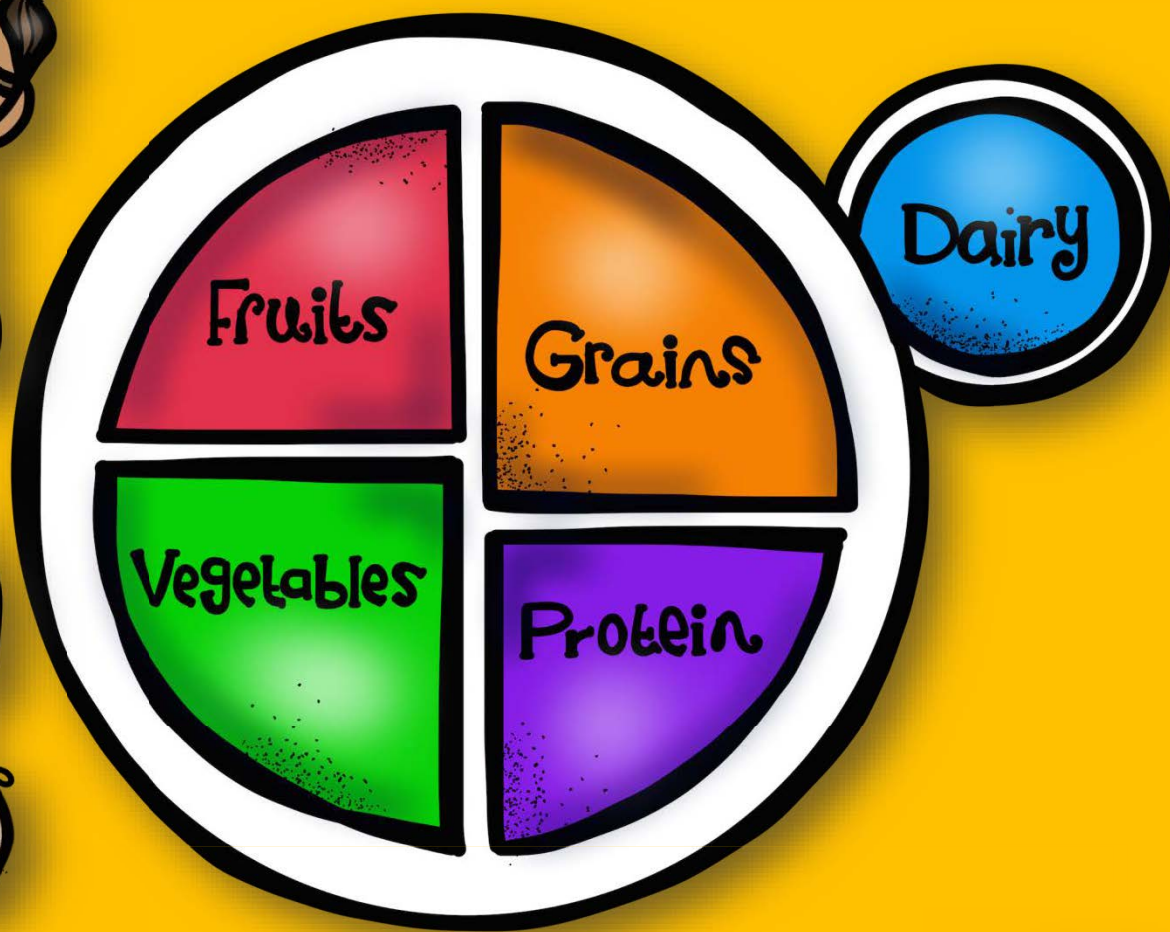


# F L I P

# Book



What's On MY Plate?





Thank you for your business! If you have any questions or concerns about this product, please contact me at [1stgradePandamania@gmail.com](mailto:1stgradePandamania@gmail.com) ♥Joyce



**1st grade PANDAMANIA**

Science

# FLIP

## Book BUNDLE

All Year

Reading

Grades 1-2

This Free Sample is part of my [Science FLIP Book BUNDLE](#) with 17 FLIP Books!

**1st grade PANDAMANIA**

Science

# FLIP

## Book

Health

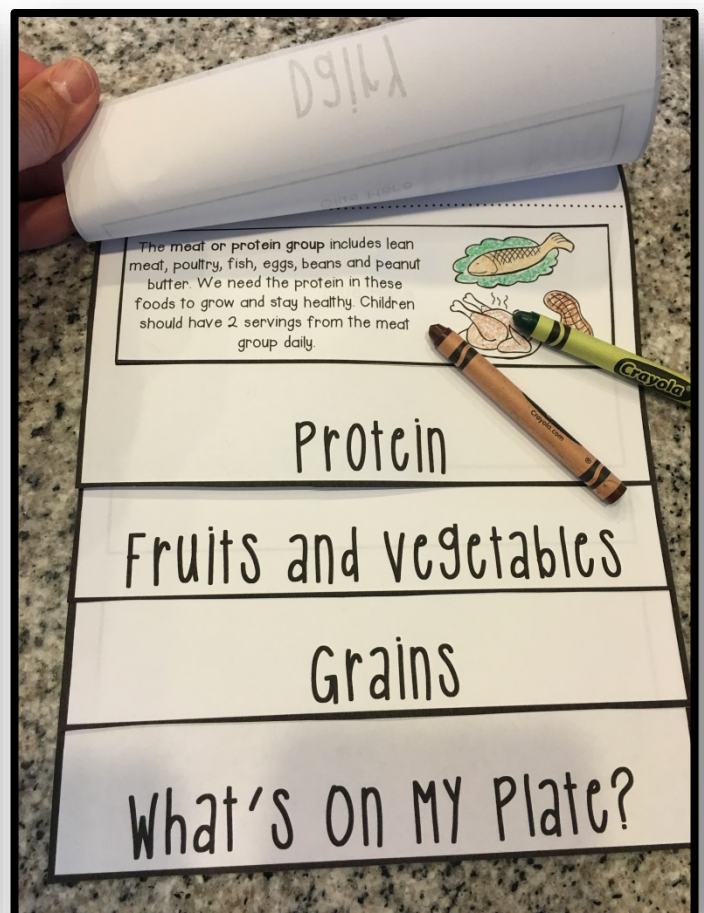
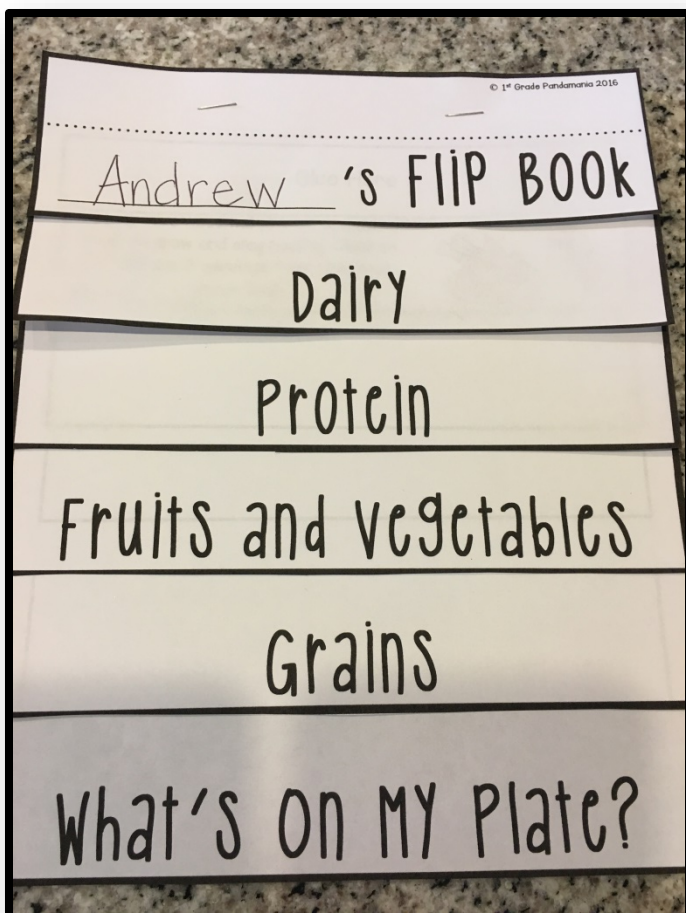
Reading

Grades 1-2

You may also like: [Food Pyramid FLIP Book](#) (also part of the [Science FLIP Book BUNDLE](#) above)

## Directions for making your flip book:

1. Cut out each flip book page on solid lines.
2. Put in order with smallest page on top and biggest page on bottom.
3. Staple together on top.
4. Color information boxes.
5. Cut out information boxes on solid lines.
6. Glue information boxes onto correct pages.
7. Fold on the dotted lines.
8. Read to a partner.





Glue Here

Dairy



Glue Here

Protein

\_\_\_\_\_ 'S FLIP BOOK

Glue Here

Fruits and vegetables



Glue Here

Grains

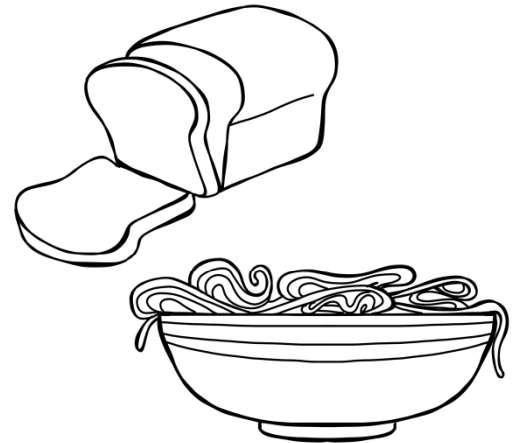
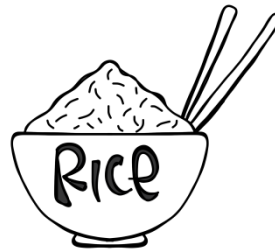


Glue Here

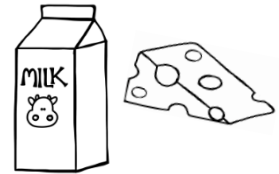
What's On My Plate?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

Whole wheat bread, pasta, oatmeal, breakfast cereals and tortillas are examples of grain products. Children need 6 servings from the grain group every day. Whole grains contain many nutrients our bodies need. Some diseases can be prevented by eating whole grains.



The dairy group includes foods from the milk family. Children should eat 2 servings of cheese, milk or yogurt daily. These foods have calcium, important for strong bones and teeth.

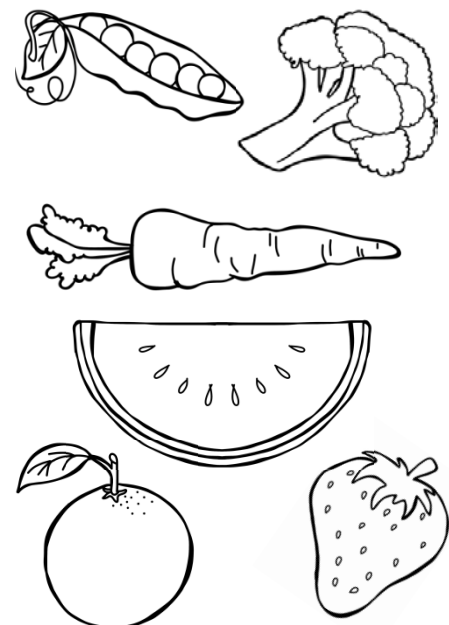


Half of your plate should be fruits and vegetables. Children need 3 servings of vegetables daily. Vegetables provide the vitamins and nutrients to keep your body healthy so it can fight off illnesses.

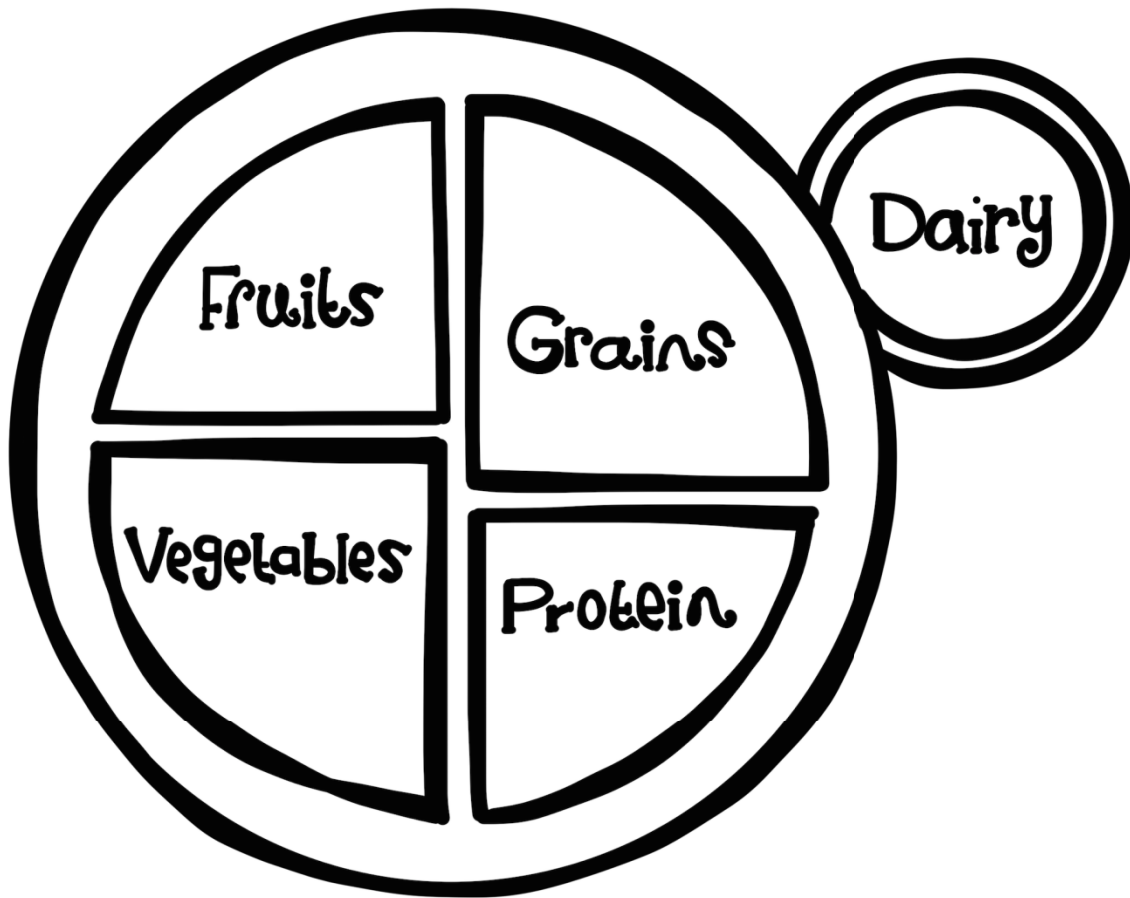
Children also need 2 servings of fruit daily.

Some fruits included in this group are apples, bananas, oranges, and strawberries.

The juice from fruits are also included in this group. Eating fruit every day helps keep your whole body healthy.



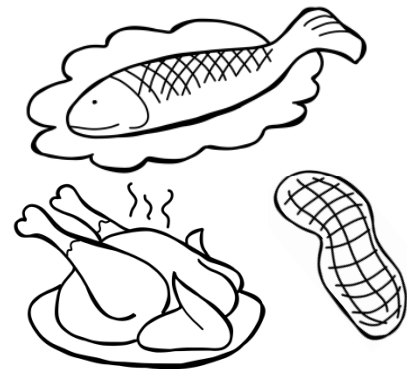




I should eat more \_\_\_\_\_ than  
 \_\_\_\_\_ . Cereal is an example of a  
 \_\_\_\_\_ . Peanut butter is a type of  
 \_\_\_\_\_ . \_\_\_\_\_ is my favorite vegetable.



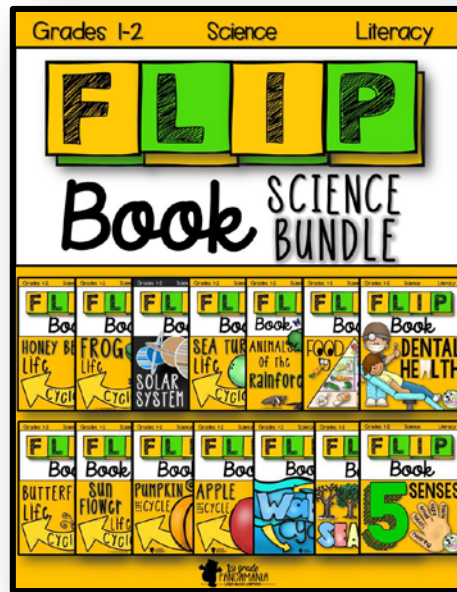
The meat or protein group includes lean meat, poultry, fish, eggs, beans and peanut butter. We need the protein in these foods to grow and stay healthy. Children should have 2 servings from the meat group daily.



# Enjoy This Free Product!

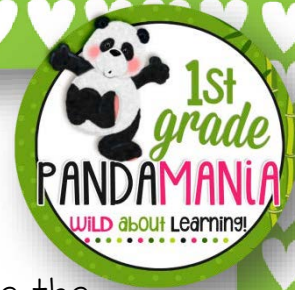
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Joyce Oberg

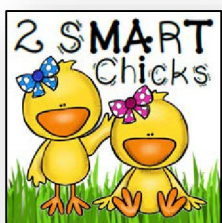
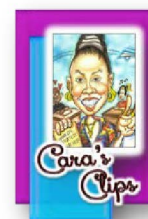
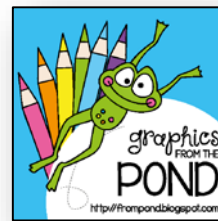
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Drawing With John