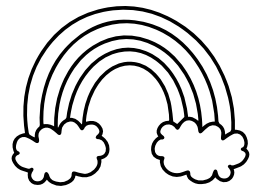


My Nutrition Name: _____



Fill in the blanks using the word bank:

1. We eat foods from every food group to make a _____ plate.
2. Fruits and veggies should take up _____ of your plate.
3. _____ helps us poop, feel full, and clean our insides.

Word bank:

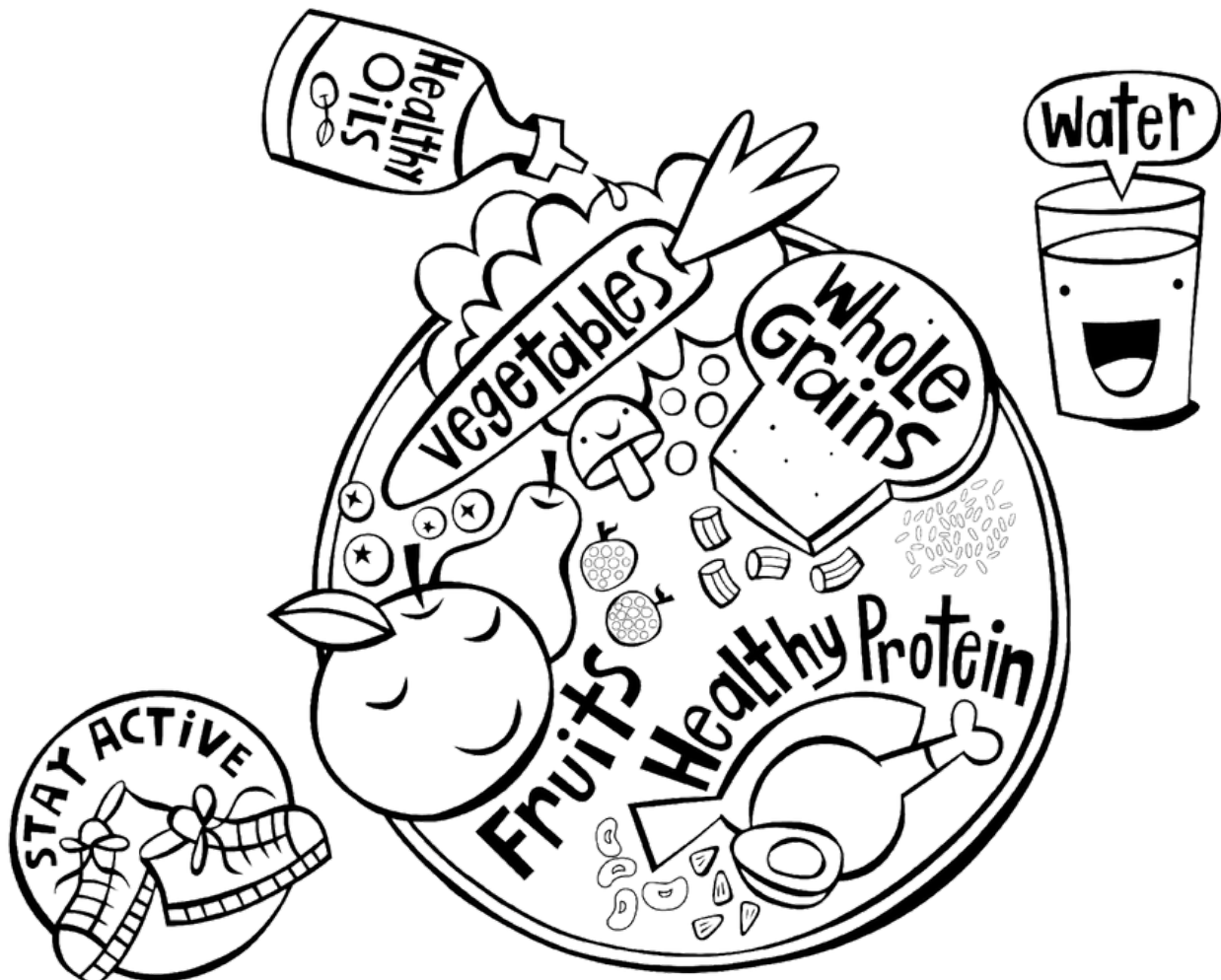
Half

Fiber

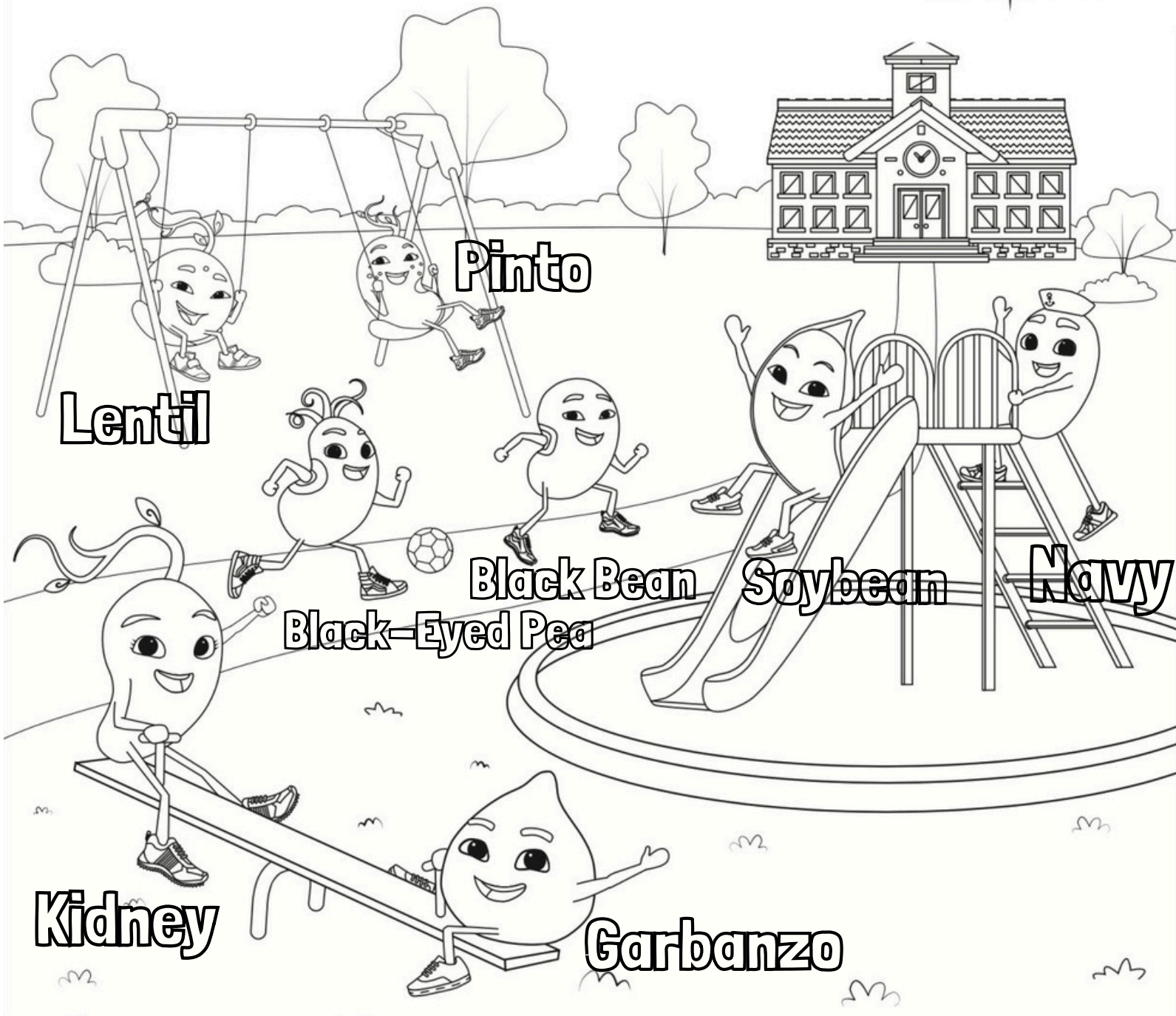
Balanced

Color each section of the plate!

Fruits = red, Vegetables = green, Grains = brown, Protein = purple, Water = blue



Cool Beans for Protein & Fiber!



Circle **HOW MANY**
types of **BEANS** you can find!

5

7

8



What is FIBER?



Fiber is a special part of plants like vegetables, fruits, beans, nuts, and grains. Fiber is **often found in the peel or skin of vegetables and fruits** like apples, carrots, beans, and whole grains--or in **plant stems, roots and leaves!**



And **why** is FIBER Important?



Fiber is important because it keeps your **digestive system** like your **stomach and intestines** happy. **Fiber** also helps clean your intestines. Sometimes fiber is called "**roughage**."

Can you think of three examples of foods with fiber?

1. _____
2. _____
3. _____

