

Name \_\_\_\_\_



**Hi, Kids. I'm Lift-Off! come along with me,  
I'll teach you about the foods that are key.**

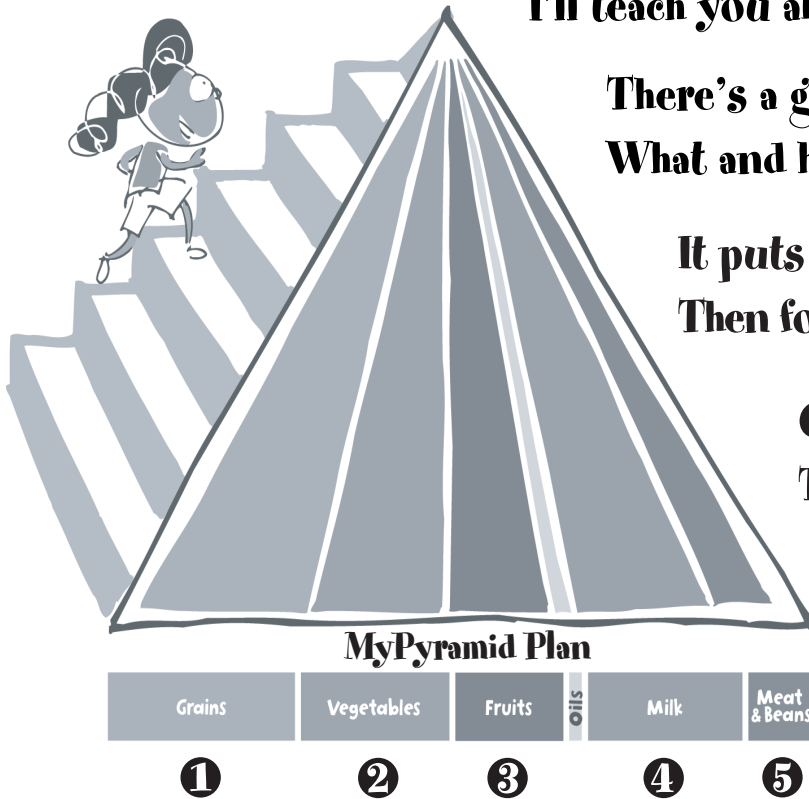
**There's a guide to help you pick the right food.  
What and how much to eat, what to exclude.**

**It puts the foods that you eat into groups,  
Then for each one, gives you the inside scoop.**

**Called MyPyramid Plan, it will help you  
To eat right, exercise and have fun, too.**

**It says eat more whole grains,  
fruits and veggies.**

**Lean protein, low and fat-free  
milk foods, please.**



**Foods high in fat, sugar, calories, salt, are foods to eat less of, experts say halt!**

**Age and gender play an important role. And, activity daily is your goal.**

**Your energy comes from the foods you eat.  
So, healthy meals daily are hard to beat.**

**It's now time to learn  
to eat the right way.  
Nutritious foods help you  
feel great each day.**

- Be Smart, Eat Smart, Live Smart**
- Make smart choices from every food group
  - Find your balance between food and physical activity
  - Get the most nutrition out of your calories

