Name:

Food Math

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

Grains	Vegetables	Fruit	Milk	Meat and Beans
6 ounces	$2\frac{1}{2}$ cups	1½ cups	3 cups	5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

Grains 6 ounces

- ____ 1 slice whole-wheat toast* (1 OZ EQ.)
- ____ 5 whole-wheat crackers* (1 oz EQ.)
- ____ 1 slice white bread (1 OZ EQ.)
- ____1 slice whole-wheat bread* (1 oz EQ.)
- ____ 1 cup whole-grain ready-to-eat breakfast cereal* (1 02 EQ.)
- $_$ ¹/₂ cup cooked brown rice* (1 oz EQ.)
- ____1 cup cooked pasta (2 oz EQ.)
- ____1 hamburger bun (2 oz EQ.)
- ____ 3 cups lowfat popcorn* (1 oz eq.)

Items marked with a * are whole-grain

Vegetables 2¹/₂ cups

- ____ 6 baby carrots* ($\frac{1}{2}$ CUP EQ.)
- ____ 1 large ear of corn (1 CUP EQ.)
- ____ 1 medium baked potato (1 CUP EQ.)
- ____1 cup cooked greens* (1 CUP EQ.)
- ____ 1 large baked sweet potato* (1 CUP EQ.)
- ____ 3 spears broccoli* (1 CUP EQ.)
- ____ $\frac{1}{2}$ cup tomato juice ($\frac{1}{2}$ CUP EQ.)
- <u>1</u> cup chopped lettuce ($\frac{1}{2}$ cup EQ.)

Items marked with a * are dark green or orange vegetables



Fruits 1¹/₂ cups

- ____ 1 small apple or $\frac{1}{2}$ large apple (1 CUP EQ.)
- ____ 1 large orange (1 CUP EQ.)
- ____ 1 snack-sized container of peaches (1/2 CUP EQ.)
- ____ 1 large plum (1/2 CUP EQ.)
- ____ 1 small box raisins ($\frac{1}{2}$ CUP EQ.)
- _____ 1 cup 100% orange juice (1 CUP EQ.)
- ____ 1 medium wedge cantaloupe (1/2 CUP EQ.)
- ____ 1 small wedge watermelon (1 CUP EQ.)

Milk 3 cups

- ____ ¹/₂ cup lowfat or fat-free cottage cheese (¹/₄ cup Eq.)
- ____ 1 cup fat-free milk (1 CUP EQ.)
- _____ 1 snack-sized lowfat or fat-free yogurt (1/2 CUP EQ.)
- ____ 1 half-pint container 1% or 2% milk (1 CUP EQ.)
- ____ 2 ounces of lowfat or fat-free American cheese (1 CUP EQ.)
- 11/2 ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)
- ____ 1¹/₂ cups light ice cream (1 CUP EQ.)

Meat and Beans 5 ounces

- ____ 1 ounce of nuts (2 OZ EQ.)
- ___ 1 cup split pea soup (2 oz eq.)
- ____ 1 small chicken breast half (3 oz eq.)
- ___ 1 small lean hamburger (3 oz eq.)
- ___ 1 hard-boiled egg (1 oz EQ.)
- ____ 1 tablespoon peanut butter (1 oz eq.)
- ____ ¹/₄ cup of pinto beans (1 oz eq.)
- ____1 slice of turkey (1 oz EQ.)











Key: (1 OZ EQ.) means (equals 1 ounce equivalent)

