



Name: _____

ACTIVITY 6

How do you identify "always" foods?

Some foods taste delicious but do not have all the **nutrients** you need. They may contain a lot of **added sugar**. These foods are treats and should be eaten **"rarely."** If you eat them too often, you may gain extra weight, not feel very good, and possibly get sick from not eating enough **vitamins** and **minerals**.

Some foods are good for you in **moderation**. They are okay to eat in small amounts a few times a week, but no more than once a day. These are called **"sometimes" foods**. And then there are the food all-stars! These are called **"always" foods**. These foods are very nutritious and only contain natural sugar. When eating, it's important to choose "always" foods instead of "rarely" foods. This helps keep your energy in balance and your body feeling good. Can you figure out which foods are "always" foods that you can always order?

DIRECTIONS

45
MIN.

A Activity

1. Remove the food and beverage cards from your envelope.
2. Find the cards that answer each challenge. You may have multiple cards that are correct.
3. Stack the correct cards on the blank space.
4. Review the answers as a class.
5. On the back of each correct card, circle the word "always." These are foods and drinks that you can order often.

B Reflection

6. Answer the reflection question.
7. Discuss your answer with a classmate.

B Reflection

1. What "always" food will you order next time you dine out?

"Always" grain challenge

Which food(s):

- are in the grain food group
- are a whole grain food

"Always"
Challenge
cards

"Always" beverage challenge

Which beverage(s):

- have NO **added sugar**
- are not juice

"Always"
Challenge
cards

"Always" topping challenge

Which food(s):

- are a fruit or vegetable
- are a burger or sandwich topping
- are not fried

"Always"
Challenge
cards

"Always" protein challenge

Which food(s):

- are a protein food
- are not fried
- are not beef

"Always"
Challenge
cards

"Always" side challenge

Which food(s):

- are a fruit or vegetable
- have NO added sugars
- are something you would eat as a side
- are not fried

"Always"
Challenge
cards