

Fruit and Yogurt Parfait!

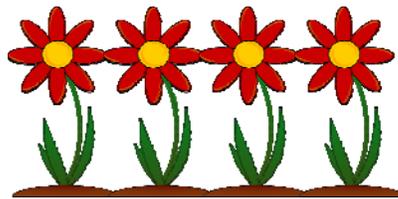
Ingredients:

- 1/2 Cup Plain of Vanilla Yogurt
- 1 Cup Fruit of your choice (blueberries, strawberries, mangos, kiwis, bananas etc.)
- 1/2 Cup Granola



Directions:

- Layer yogurt, fruit, and granola in a glass or mug.
- Enjoy!



Quiz!

Can you answer fill in the blanks with words form the word bank?

Word Bank

- | | | | |
|--------------|------------|--------------|-------------|
| A. Calcium | B. Healthy | C. Mineral | D. Calories |
| E. Nutrition | F. Daily | G. Potassium | H. Fats |
| I. Serving | J. Fiber | K. Sodium | L. Grams |

1. _____ builds strong bones and teeth.
2. With the skin on, a potato is packed with _____ that aids digestion.
3. This mineral, found in potatoes, can help maintain a normal blood pressure. _____
4. One 5.3 oz. potato equals 148 _____ of this metric measure.
5. Health experts recommend we get less than 30% of our calories from these per day. _____
6. Too much of this can aggravate high blood pressure. _____
7. The _____ Facts Label is on all packaged food.
8. How much energy we get from food is measured by these units. _____
9. DV stands for _____ Value.
10. Calcium is not a vitamin. It's a _____.
11. Eating foods low in refined sugars and high in vitamins and minerals is a _____ choice.
12. This tells the amount of food typically eaten at one time. _____



Answer Key:

1. A, 2. J, 3. G, 4. L, 5. H, 6. K, 7. E, 8. D, 9. F, 10. C, 11. B, 12. I