

# Fruit and Yogurt Parfait!

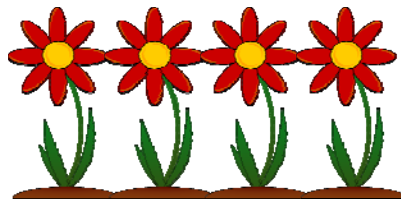
## Ingredients:

- 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