



## Give Me Five!

1. How many food groups did we discuss?
2. Name a Nebraska grown fruit.
3. Name a Nebraska grown vegetable.
4. Name a Nebraska grown protein.
5. Name a Nebraska grown dairy product.
6. Name a Nebraska grown grain.
7. The five dietary food groups are the building blocks for a healthy diet. We also need to exercise daily. What is your favorite way to exercise or stay active?