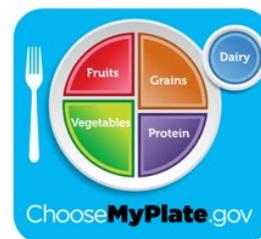


FOOD & NUTRITION: FRUITS & VEGETABLES

Focus on fruits and veggies!

Eating a balanced diet is very important to grow and stay healthy. There are five food groups—fruit, vegetables, grains, protein, and dairy. At each meal, half your plate should be made up of fruits and vegetables! You should have a goal to try to get 5 servings of fruits and vegetables a day—with a variety of vegetables and a focus on whole fruits. [My Plate](#) has some great resources, fun activities, and games online.

Preparing healthy snacks with fruits and veggies is another way to help ensure that you get your servings each day. Check out these recipes!



Try making these **Kids in the Kitchen** recipes at home!

[Very Berry Blast](#)

[Snack Pizza](#)

Preparing an exhibit for the fair

A good write up is an important part of a fair exhibit. Every exhibit write up must begin with a goal—what do you want to learn? Each goal should include the action, result and timetable. One example for a food and nutrition goal could be “I would like to learn to make a healthy snack for my family using all five food groups by May 1st”. After you have your goal clearly stated, you need to share the steps you took to reach your goal. Here you need to be very detailed and it is often helpful if you include pictures of your progress. For Food and Nutrition exhibits you should also include the recipe that you used along with the source and the price of all supplies that were purchased. To conclude your write up, summarize all the things you learned along the way.

Exhibit Tip Sheet <https://www.extension.iastate.edu/4hfiles/projects/hotsheets/FoodNutritionTipSheet.pdf>

Project Learning

Food and Nutrition Project <https://www.extension.iastate.edu/4h/projects/foodandnutrition>

Food and Nutrition Project Hotsheet <https://store.extension.iastate.edu/product/15291>

Record Keeping <https://www.extension.iastate.edu/4h/record-keeping>

[Scrub those Veggies](#)

[Veggie Riddles](#)

