

Food Tags - Station 2

Description

- If you have a **tan** tag, you are a grain. Tags that are tan have a “B” symbol on them for vitamin B.
- If you have a **green** tag, you are a vegetable. Tags that are green have an “A” symbol on them for vitamin A.
- If you have an **orange** tag, you are a fruit. Tags that are orange have a “C” symbol on them for vitamin C.
- If you have a **white** tag, you are a dairy product. Tags that are white have a “CA” symbol for calcium. Calcium helps us build strong bones and teeth.
- If you have a **red** tag, you are from the meat group. Tags that are red have a “P” symbol on them for protein.

Example

This is an example of a Food Tag. You will find Food Tags on the next 5 pages. Hole punch Food Tag and use string or yarn to attach to tag for hanging around the neck.

 Cut on line.



← Vitamin B Symbol “B”

← Color of Paper & Food Group

“B”

Bagel



Tan **Grain Group**

“B”

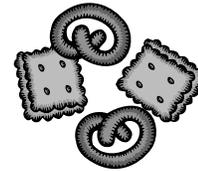
Cereal



Tan **Grain Group**

“B”

Crackers



Tan **Grain Group**

“B”

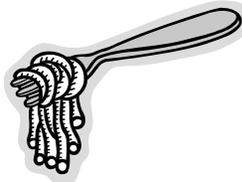
**Wheat
Bread**



Tan **Grain Group**

“B”

Pasta



Tan **Grain Group**

“B”

Rice



Tan **Grain Group**

“A”

Carrots



Green **Vegetable Group**

“A”

Peas



Green **Vegetable Group**

“A”

Broccoli



Green **Vegetable Group**

“A”

Salad



Green **Vegetable Group**

“A”

Beets



Green **Vegetable Group**

“A”

Cucumber



Green **Vegetable Group**

“C”

Apple



Orange

Fruit Group

“C”

Pear



Orange

Fruit Group

“C”

Orange



Orange

Fruit Group

“C”

Watermelon



Orange

Fruit Group

“C”

Banana



Orange

Fruit Group

“C”

Kiwi



Orange

Fruit Group

“CA”

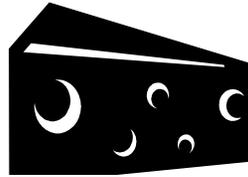
Milk



White Dairy Group

“CA”

Cheese



White Dairy Group

“CA”

Yogurt



White Dairy Group

“CA”

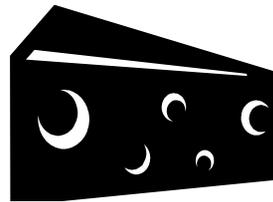
Flavored
Milk



White Dairy Group

“CA”

Cheese



White Dairy Group

“CA”

Yogurt



White Dairy Group

“p”

Chicken



Red **Meat Group**

“p”

Fish



Red **Meat Group**

“p”

Steak



Red **Meat Group**

“p”

Beans



Red **Meat Group**

“p”

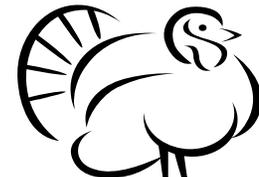
Nuts



Red **Meat Group**

“p”

Turkey



Red **Meat Group**