National Nutrition Month
Nutrition Mission Challenge

Instructions:
Visit each of the websites listed below and to answer the questions. Once you have completed the search, return this sheet by **March 31, 2011**, to your local library for a prize.

Website: http://www.eatright.org/public

1. What is the name of First Lady Michelle Obama’s campaign against childhood obesity?

2. What are some ideas of unexpected toppings you can add to make your salad healthier?

3. What are some lean protein choices for a healthy breakfast?

Website: http://wecan.nhlbi.nih.gov/

4. What are some examples of GO foods?

5. How about SLOW foods?

6. And finally WHOA foods?

Website: http://www.mypyramid.gov

7. What are the different Food Groups listed in MyPyramid?
8. What is described by the Dietary Guidelines as a “Healthy Diet?”

9. What is required to blast off in the “MyPyramid Blast Off Game”?

Website: www.5aday.gov/ grouped with www.fruitsandveggiesmatter.gov/

10. What are some tips to add a colorful variety of fruits and vegetables to breakfast?

11. What are some tips to add a colorful variety of fruits and vegetables to lunch and dinner?

12. What are some tips to add a colorful variety of fruits and vegetables to snacks?

Website: http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html

13. When using the tool to analyze lunch which would be a healthier choice for a condiment, salsa or sour cream?

14. When using the tool to analyze lunch which would be a healthier choice for your drink, 2% milk or a soda? What would be a healthier choice than either or those?

15. When using the tool to analyze dinner which would be a healthier choice, meatloaf or fried chicken?

Your Age:

School Name: