Take this sheet with you to the supermarket and have your child look for foods in each food group. This can make a boring trip to the store be a fun and memorable treasure hunt.

**Grains**
Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.

- [ ] Check the box and name the cereal.

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

- [ ] Check the box and name the bread.

**Fruits**
Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

- [ ] Check the box and name the fruit.

**Dairy**
Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

- [ ] Check the box and name the dairy food.

**Vegetables**
Look for a dark green and a red or orange vegetable.

- [ ] Check the box and name the red or orange vegetable.

- [ ] Check the box and name the dark green vegetable.

**Meats and Beans**
Try fish, shellfish, beans and peas more often. Find a bag of dry beans.

- [ ] Check the box and name the beans.