



# Passport to Nutrition: Balance Well



Name: \_\_\_\_\_

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

## Exhibit 1: Food in Its Natural State

Name two whole foods listed that you would like to eat more of:

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## Exhibit 2: Whole Grains: Think Brown

Why are whole grains healthier than refined grains?

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## Exhibit 3: Healthy Sources of Non Red-Meat Protein

Name two non red-meat proteins that you would like to incorporate into your daily eating pattern:

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## Exhibit 4: Protein Sources To Minimize Or Avoid

What are three examples of processed meats that you should minimize or avoid?

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## Exhibit 5: Healthy Fats And Oils for Cooking

How are free radicals created in oil?

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## Exhibit 6: Think Color When Eating Fruits And Vegetables

What is the main benefit from consuming a variety of colorful fruits and vegetables?

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## Exhibit 7: Get Started With A Healthy Breakfast

List a combination of foods that make a breakfast trio that you would enjoy:

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## Exhibit 8: Lunch And Dinner Made Healthy And Easy

How would you rebalance your lunch meal to get the right amount of each food group?

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How would you rebalance your dinner meal to get the right amount of each food group?

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## Exhibit 9: Snacks Without Wrappers

List a combination of foods that create a healthy snack that you would like to snack on:

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