



## The Secret to a Well Balanced Meal

Suzy Spaghetti, Rita Rigatoni, and Larry Lasagna were all in healthy hero class. Their teacher Francis Fettuccini spoke, "Today class we are going to learn about something very special. We are going to learn the secret to every healthy meal. It was something every person should know about to be a healthy hero themselves. Do you want to learn about this healthy hero secret? Well, listen carefully." Suzy Spaghetti and her friends were very excited. It wasn't often that their teacher Francis Fettuccini told their class secrets. They all listened very carefully.

Francis Fettuccini continued, "Today we are going to learn about the secret to a well balanced meal." The class began to chatter. They had all heard about a well balanced meal on TV or from their parents but they all weren't sure what that meant. The class was quiet again. Their teacher explained, "A well balanced meal is when you have foods from all the five food groups in one meal. Today we are going to practice making well balanced meals and this will help you teach others on your healthy hero missions." Francis Fettuccini passed out some cards with pictures of food on them. Each student in the class had a food picture card. Then their teacher spoke, "First let's review the five food groups." All together the class began to recite, "Grain group, vegetable group, fruit group, milk products group, and meat and beans group."

The teacher continued, "Good class, now let's start with the first meal of the day, breakfast. Now who has a breakfast food on their card?" Rita Rigatoni raised her hand, "I have whole wheat toast, it's part of the grain group." "Good Rita. Now who has a breakfast food that is in the vegetable group?" The class looked closely at their cards. Then Barry Bowtie raised his hand, "I have an omelet that has peppers and cheese in it and peppers are in the vegetable group." The teacher smiled, "Yes Barry, peppers are vegetables. Also the omelet comes from the meat and bean group and the cheese comes from the milk group so we have already covered four of the five food groups. Which group are we missing?" The students quickly raised their hands. The teacher called on Suzy Spaghetti, "The fruit group is our last group and I have a card that has a picture of a bowl full of cantaloupe. Cantaloupe is a fruit and good to eat at breakfast time." The teacher clapped her hands, "Well done class, well done. That is how you make a well balanced meal. See how easy it is. All you have to do is remember the five food groups. Let's try it again with lunch."

"Now who has a lunch food on their card?" Francis Fettuccini asked her class. Larry Lasagna raised his hand, "I have a turkey sandwich with lettuce and tomato." The teacher spoke, "Good Larry. Now what foods groups would that sandwich cover?" Larry thought and then began, "The bread would be from the grain group, the lettuce from the vegetable group, the tomato from the fruit group, and the turkey would be from the meat and beans group. Wow, that's four groups in one sandwich!" Their teacher nodded her head, "Yes, you covered four food groups in one sandwich. Now to make this a well balanced meal we need to add our last group. What group do we need to add class?" Suzy Spaghetti knew this one and raised her hand wildly, "It's the milk group." Then Ernie Elbow Macaroni raised his hand, "I have a glass of milk on my card. We could add that." Francis Fettuccini was thrilled, "You've got it class. Making a well balanced meal is easy. It is important to try and include all the food groups in every meal so your body will get the nutrients from each food group. That my pasta pals, is the secret to a well balanced meal. Well, done!"

