Food Group Poem

My cap is blue it's plain to see
I give you calcium and Vitamin D
For strong bones and teeth, if you please
Have some yogurt, milk, and cheese!

I'm crowned with purple as you see
With Iron, Protein, and Vitamin E
Nutritious and keeping fats so low
Eat meat, beans, eggs, and nuts to help you grow!

My crest is red and as red can be I give you Potassium and Vitamins C Disease control, fiber, and healing—So many fruits and all appealing!

My top is orange and can't be beat You need lots of corn and wheat And oats and rice for fiber, please To reduce your risk of heart disease!

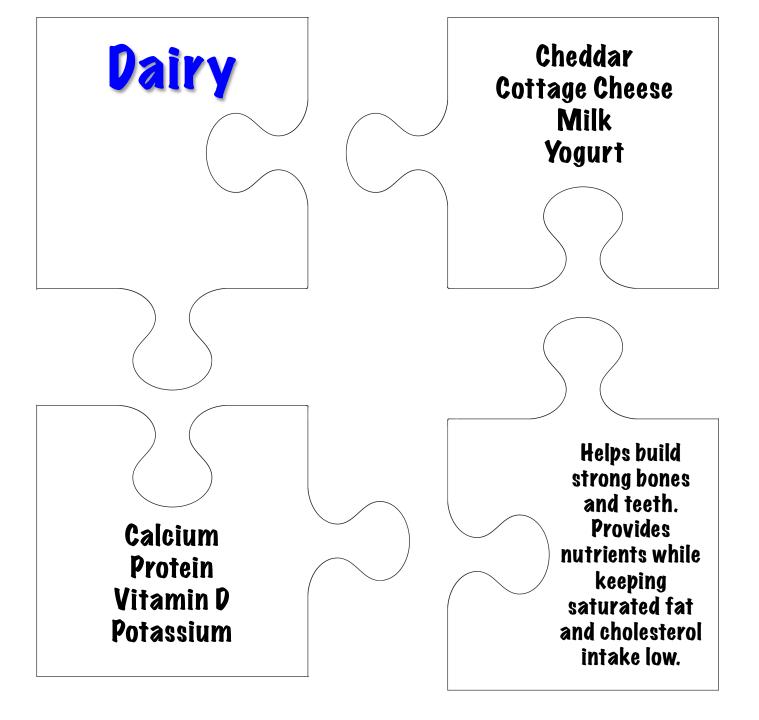
You'll see my summit is bright green
Where potassium and Vitamins A, E, and C are seen
Keep disease away and blood pressure healthy
When your diet is "veggie-wealthy"!

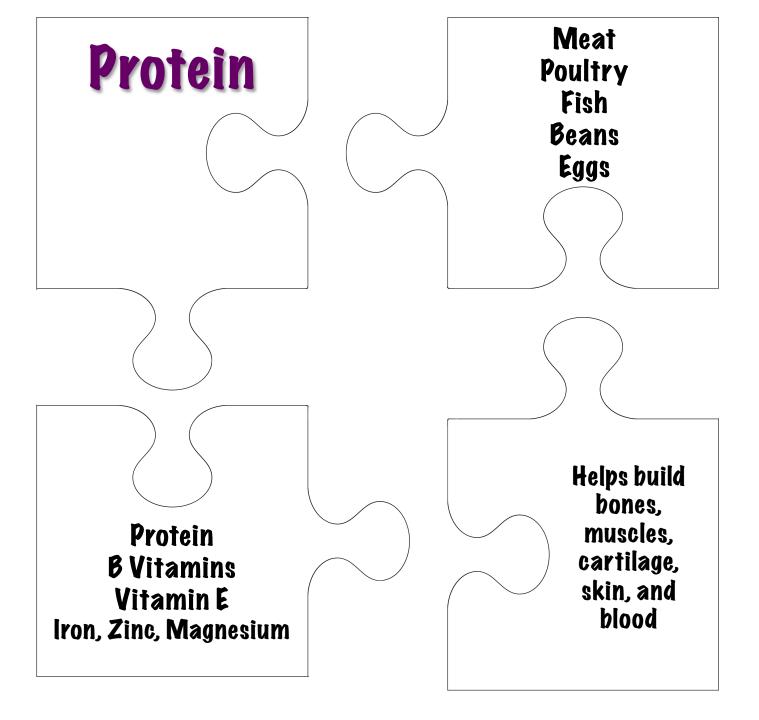
Vegetables

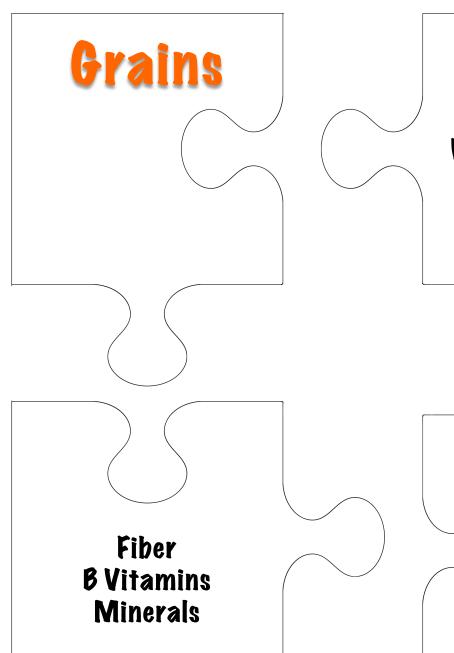
Broccoli Carrots Squash Greens Cauliflower

Potassium
Fiber
Folic Acid
Vitamins A, E, and C

Reduce the risk of chronic disease and help maintain healthy blood pressure.

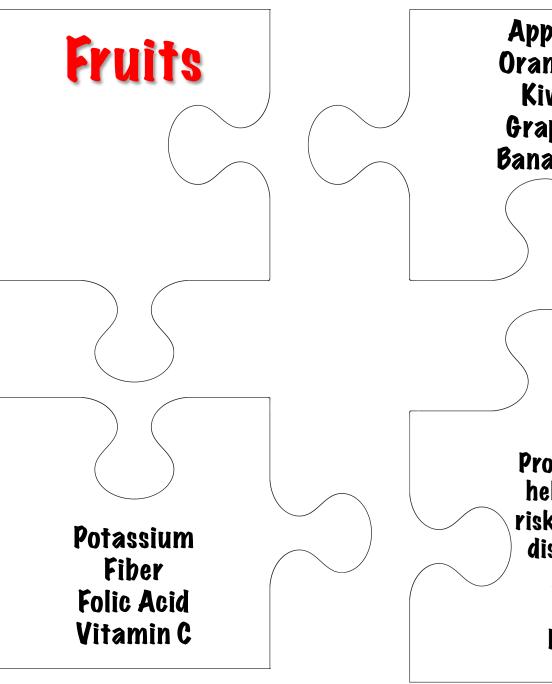






Cereal Pasta Popcorn Whole Grain Bread

> Reduce risk of heart disease and other chronic diseases.



Apples Oranges Kiwi Grapes Bananas

> Provides fiber, helps reduce risk of chronic disease, and helps in healing process.