

Step Up to a Healthier You

Spotlight on Meat: Nutrition, Safe Handling and Cookery Basics

Dear Educator,

As family and consumer sciences teachers, you know that many students unfortunately make poor choices for meals and snacks. Educating the students of today to help them make healthier food choices will enable them to become informed consumers in the future.

This free educational program, sponsored by the National Pork Board, will help your students learn about the new MyPyramid food guide, which was recently issued by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It will also teach them about sources of protein and the safe handling of meats, as well as how to integrate cooking knowledge into menu planning.

The activities in this program will help to educate your students on overall health and well-being in a way that is creative and fun, while satisfying national educational standards for family and consumer sciences. **Activity 1** also can be used with science and/or math curriculum areas and **Activity 2** with science. As a former teacher, I encourage you to share this guide with your fellow educators. Although the material is copyrighted, you may make as many photocopies as you need, or download a free pdf version at www.ymiteacher.com/healthieryou.htm or www.pork4kids.com.

Sincerely,



Joel Ehrlich
President and former teacher



YMI is the only company developing free, creative and innovative classroom materials that is owned and directed by award-winning former teachers. All YMI teaching materials are pre-certified and approved by our exclusive Educational Advisory Board. E-mail us at feedback@ymiclassroom.com or visit our Web site at www.ymiteacher.com to send feedback and download more free programs.

Program Components

1. The teacher's guide
2. Three reproducible activity masters, including a fun food lab
3. A double-sided reproducible informational handout with recipes and tips
4. A colorful wall poster
5. A response card for comments — return the card and receive a fun worksheet with games and puzzles.

Program Goal

To inform students about the nutritional role of protein in a balanced diet, to teach proper handling of meats and to give students an opportunity to prepare simple recipes featuring protein foods.

Target Audience

This program has been designed for middle and junior high school students in family and consumer science classes.

Activity 1 can also be used with science and math curricula and **Activity 2** with science curricula. Please share the activities with teachers of other subjects as appropriate.

How To Use the Wall Poster

The new food pyramid — issued in April 2005 by the USDA — transforms the principles of the 2005 U.S. Dietary Guidelines for Americans into a personal food guidance system. The wall poster shows nutritional recommendations based on sex, age and activity level. Display the poster in a prominent location in the classroom and use it with **Activity 1**.

Protein Power

Associated Curriculum Areas:

Science, Math

Time needed: Approximately 40 minutes

Students will be able to:

- Identify the nutritional role of protein in a balanced diet.
- Calculate their recommended daily protein intake and compare common food sources.
- Identify the recommended serving size for protein foods.

Display the 2005 USDA food guidance system wall poster (found within this kit) in the classroom. Refer to it as you introduce protein to your students, using the following information:

Let's take a look at the USDA food guidance system shown on this poster. We're going to focus on the *Meat and Beans* section of the pyramid that includes foods that are sources of protein.

Can you name some foods that are key sources of protein? (*i.e., hamburger, pork chops, beans, nuts, eggs, fish, chicken*)

How much meat and beans does the poster say that you need each day?

The recommendations are more individualized than the previous Food Guide Pyramid. That's why it's called "MyPyramid." As a general guide, you'll need 5.5 ounces of protein for a daily 2,000-calorie diet.

How does exercise influence the recommendations? The more active a person is, the greater their protein needs.

Activity 1

How big is a serving size of meat, like the pork chop shown on the poster?
2-3 ounces or the size of a deck of cards.

Does anyone know why it's important for us to have protein in our diets?

Protein helps build and repair muscle tissues, regulates metabolism, helps fight infection and disease and acts as fuel.

So, how do you think you'd feel if you didn't eat enough protein? Possibly tired, run down, and more susceptible to getting sick.

Distribute the Activity 1 handout.

This handout will help you calculate exactly how much protein you need each day to stay strong and healthy. Follow the instructions for **Part A**. (You will not be asked to share your weight with anyone.) Then, complete **Part B** and the **Protein Puzzlers** to review what you have learned from the poster.

Extended Activity

Ask students to keep a food journal of everything they eat for a week, including food amounts, then compare their eating habits to the USDA recommendations on the poster. **What was their total estimated daily food intake in comparison to their level of physical activity? Did they eat a balanced mix of foods? Were their ideas of portion size accurate?**

Twelve free food-tracking worksheets are available at www.mypyramid.gov/professionals/food_tracking_wksht.html, based on recommended caloric intake.

National Education Standards for Grades 6–8	
Activity 1 Protein Power	FCS: Demonstrate nutrition and wellness practices that enhance individual and family well-being. Science: Personal health — understand the role of food in providing energy and nutrients. Math: Understand relationships among units and unit conversions.
Activity 2 Safety and Handling of Meats	FCS: Demonstrate food safety and sanitation procedures. Science: Properties and changes of properties in matter.
Activity 3 Food Lab: Pick a Protein for Your Pizza	FCS: Integrate knowledge, skills, and practices required for careers in food science, dietetics, and nutrition.
Handout Smart Cooking	FCS: Evaluate food plans, preparation techniques, and specialized dietary plans.

Safety and Handling of Meats

Activity 2

Associated Curriculum Area: Science

Time needed: Approximately 40 minutes

Students will be able to:

- Provide solutions to food safety scenarios in the kitchen.
- Review temperatures for storing and cooking meats.
- Accurately use a meat thermometer.

Explain to students that, when cooking with meats, it's important to remember safe food-handling practices. Break students into small groups of 3-4 students each.

Distribute the Activity 2 handout.

*Assign each group one of the food safety scenarios within **Part A**. Invite one person from each group to report back to the class with their group's suggested solution for the food safety scenario. (See recommended answers in next column.)*

Answers to scenarios:

1. Throw it out. If a food has been left in the "Danger Zone" — between 40° and 140°F — for more than two hours, discard it, even though it may look and smell good. Never taste a food to see if it is spoiled — use the rule of "When in doubt, throw it out." Never thaw meat on a countertop.

2. It is safe to continue the thawing process in the microwave. Microwave on defrost setting (about 30% power) just until the pork chops are thawed. Immediately transfer the chops to baking pan or grill to begin cooking.

3. Choose another package for best eating quality. Generally, fresh cuts of meat can be kept well-wrapped in the freezer up to six months — ground pork for about three months. Pork that has been frozen for one year is still safe to eat, but its flavor and texture deteriorates over time. Remember to always label wrapped meat with the name of the cut and the date before freezing.

4. Take the chops and burgers off the grill. Both ground beef and pork chops should be cooked to 160°F. Beef steaks and roasts can be cooked to varying degrees of doneness (145-170°F), and chicken breasts to 170°F.

5. Throw away the sliced mushroom. Scrub the cutting board with hot soapy water (rinsing with water alone is not enough), and rinse before continuing. When possible, use a separate cutting board for raw meats. This helps avoid cross-contamination.

*Then review each point in **Part B** before assigning students to survey conditions at home (or within the classroom kitchens). Encourage students to review the checklist with their parents or the adult cook at home.*

Extended Activity

Have students become familiar with using a meat thermometer by cooking a piece of meat (i.e., burger, pork chop) and using the thermometer to check for doneness. Remind students to insert the thermometer into the thickest part of the meat, away from bones.

Food Lab: Pick a Protein for Your Pizza

Activity 3

Time needed: Approximately 40 minutes

Students will be able to:

- Follow a recipe to create mini pizzas using various toppings.
- Work cooperatively in a group.
- Taste-test various pizzas and analyze their preferred flavors.

*First ask students, **What are your favorite pizza toppings?** (According to the National Association of Pizza Operators, pepperoni is America's favorite. Other popular toppings are mushrooms, cheese, sausage, green peppers and onions.)*

Distribute the Activity 3 handout.

Assign each lab group a different variation of pizza snacks (see recipe for variations). Depending on your class size, one tube of biscuits may be shared between two groups (five biscuits for each). Once baked, cut the pizzas into fourths so students can sample a piece of each variation and complete the handout.

Answers to food groups question: The Ham, Taco, Sausage, and Pepperoni Pizza Snacks all contain ingredients from the

grains, vegetables (tomatoes are popularly known as vegetables, even though they are scientifically a fruit), milk, and meat & beans group. Tropical Pizza Snacks also contain an ingredient from the fruit group.

Extended Activities

- Have students research the history of pizza or that of its main ingredients (cheese, tomatoes, bread/wheat).
- Have students plan a complete, well-balanced meal by determining what first course, side dish, and dessert they would serve with their pizza.

Handout (two-sided): Smart Cooking

Copy and distribute this handout to students. Use the simple recipes for classroom food labs, or offer students extra credit if they prepare one of the recipes at home for their families. This sheet explains time-saving and low-fat cooking methods, as well as various methods of cooking, helpful tips and suggested recipes.

Web References

National Pork Board consumer sites:
www.TheOtherWhiteMeat.com and
www.pork4kids.com

Medline Plus (a service of the U.S. National Library of Medicine and the National Institutes of Health) — information on protein:
www.nlm.nih.gov/medlineplus/ency/article/002467.htm

USDA National Nutrient Database for Standard Reference, release 17 — a searchable database of food nutritional value:

www.nal.usda.gov/fnic/foodcomp/

2005 Dietary Guidelines for Americans:
www.healthierus.gov/dietaryguidelines/

New food pyramid:
www.MyPyramid.gov

Fight Bac site with Food Safety resources:
www.fightbac.org/



Protein Power

Activity 1

Do you know how protein helps your body to function? It helps build and repair muscle tissues, regulates metabolism, helps fight infection and disease, and acts as fuel.

Protein is made up of amino acids. Your body can produce some of the amino acids you need. You get the rest by eating the right foods.

Part A. The amount of protein your body needs depends on your age, physical activity, and medical condition. A growing or very active body will require more protein to build muscles. The recommended daily protein intake for an average healthy individual is 0.85 grams (g) per kilogram (kg) of body weight. Complete the exercise below to find out how much protein your body needs.

My weight in pounds (_____) x .455 kilograms/pound
 = (_____) x .85 grams = my recommended daily protein
 intake in grams (_____)

Part B. To fulfill your daily protein requirements, there are many foods to choose from. Meats, poultry, fish, eggs, dairy products, dried beans, and nuts are common sources of protein. This chart shows how much protein can be found in some everyday foods.

Food	Serving Size	Protein (g)	Calories (kcal)	Fat (g)
Chicken breast, skinless, roasted	3 oz.	27	142	3
Pork chop, broiled	3 oz.	26	172	7
Ham, cooked, lean	3.5 oz.	21	133	5
Tuna salad	3 oz.	16	187	9
Chickpeas, cooked	1 cup	15	269	4
Hamburger, 85% lean, fast food	3-oz. sandwich	14	305	13
Chicken nuggets, fast food	4 pcs., 2.3 oz.	10	190	12
Lowfat 1% milk	1 cup	8	102	3
Peanut Butter, smooth	2 Tb.	8	188	16
Tofu, firm	1/4 block	7	62	4
Cheddar cheese	1 oz.	7	114	9
Egg, boiled	1 large	5	66	4

Nutrient values from Agricultural Research Service (ARS) Nutritive Values of Foods, HG Bulletin No. 72 database and the Pork Board.

Of your favorite foods on this chart, which one is highest in:

- protein _____
- fat _____
- number of calories _____

What are some of the other foods you eat that are high in protein?

Protein Puzzlers

Test your protein knowledge. Mark these statements as true or false:

1. _____ A single serving size of meat is about the size of a deck of cards.
2. _____ A pork chop has more protein and less fat than 2 tablespoons of peanut butter.
3. _____ Chicken nuggets are a smarter choice for protein than a skinless chicken breast.
4. _____ Two hard-boiled eggs for breakfast have more protein and less fat than one ounce of cheddar cheese.

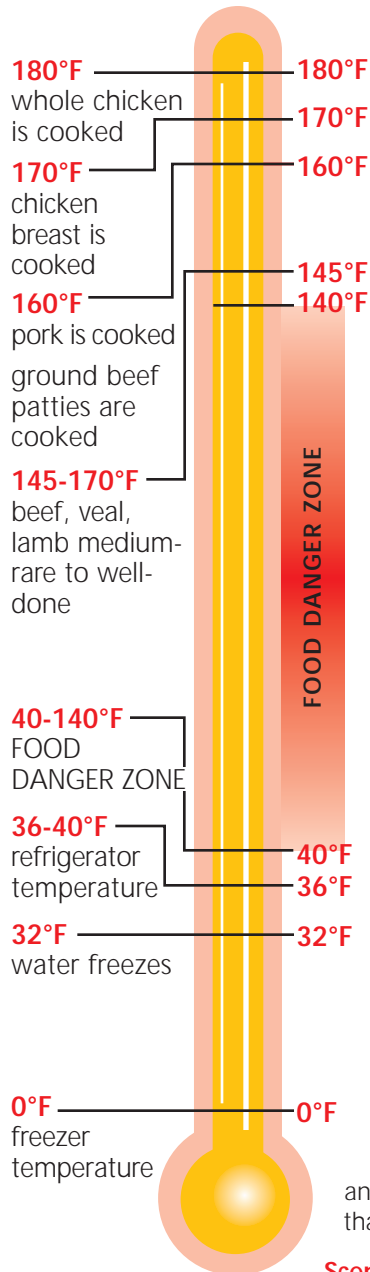
Today's pork is leaner and more nutrient-dense than it was 20 years ago. Learn more about it at www.pork4kids.com and www.TheOtherWhiteMeat.com

Answers

1. **True**—A single serving is 2-3 ounces or the equivalent size of a deck of cards. The 2005 U.S. Dietary Guidelines recommend 5.5 ounces of meat, fish, dried beans or nuts per day for a 2,000-calorie diet.
2. **True**—A pork chop has 26g protein and 7g fat, compared to 2 Tb. of peanut butter, which have 8g protein and 16g fat.
3. **False**—A roasted chicken breast has nearly three times the protein of four chicken nuggets.
4. **True**—Two eggs have 10g protein and 8g fat, compared to 7g protein and 9g fat for the cheese.



Safety and Handling of Meats



Part A. Temperatures are very important when it comes to the storing, handling, and cooking of meat, poultry and fish. What would you do in these situations?

Scenario 1: You come home from school and there is a note from Mom to put the pork chops in the oven. The phone rings just after you've placed the meat on the counter. Three hours later, you realize the meat has been sitting there the entire time. What do you do?

Scenario 2: It's your turn to make dinner. Luckily, you already have pork chops thawing in the refrigerator. Unfortunately, you underestimated how long the meat would take to defrost. It's getting late, and the meat is only partially thawed. What do you do?

Scenario 3: You're hungry but haven't had time to go food shopping. Digging through your freezer, you find some pork chops, but the date on the package says they're one year old. What do you do?

Scenario 4: Your family is hosting a summer picnic, and your Dad is trying to decide if the grilled pork chops and ground beef patties are done. Both meats register 160°F with a meat thermometer. What would you suggest?

Scenario 5: You are making a salad for dinner. You begin slicing a fresh mushroom on a cutting board that your sister rinsed and left in the sink. After making the first slice, your sister mentions that she used the cutting board to cut raw meat strips for stir-fry. What do you do?

Part B. Take this handy checklist home to rate how safely you handle meat:

Cooking

- Your kitchen has a meat thermometer.
- Hands are washed with hot water and soap before the handling of meat/poultry/fish.
- Hands, utensils, and anything that comes into contact with raw meat/poultry/fish is scrubbed with soap and hot water immediately after use.
- You have a separate cutting board for meat/poultry/fish.
- If you have only one cutting board, that board is washed with hot soap and water after cutting meat ingredients and before cutting anything else.

Serving

- Cooked meat/poultry/fish is never placed on the same plate that the raw meat/poultry/fish was placed on.
- Separate utensils are used to serve each dish.
- Food is not allowed to sit at room temperature for more than two hours. If in doubt, throw it out!

Storing

- Meat/poultry/fish is refrigerated as soon as it is brought home.
- Meat/poultry/fish is sealed in a plastic bag or put on a plate before placing in the refrigerator so it won't drip on other foods.
- Meat/poultry/fish is frozen if it's not going to be used within a few days.
- Leftovers are refrigerated or frozen within two hours after serving.
- Your refrigerator is 36-40°F and your freezer is 0°F.
- All meat/poultry/fish in the freezer is tightly wrapped and labeled with the name of the cut and date.
- There is no meat/poultry/fish in the freezer that is older than six months.

To learn more about how to safely store and prepare meat, visit www.TheOtherWhiteMeat.com

Food Lab: Pick a Protein for Your Pizza Activity 3

Ham Pizza Snacks

How much pizza can you eat? Americans love pizza so much that they eat over 100 acres of pizza every day (that's 350 slices per second!). No wonder there are so many styles of pizza, plus endless toppings to choose from. Here's a quick and simple one to make in class for your food lab (and at home!).

- 1 7¹/₂-ounce package refrigerated biscuit dough
- Nonstick spray coating
- 1/4 cup pizza sauce
- 2/3 cup diced ham
- 2/3 cup shredded mozzarella cheese

Spray cookie sheet with nonstick spray. Separate biscuits and flatten on cookie sheet, leaving space between so edges do not touch. Spread 1 teaspoon pizza sauce on each biscuit. Top each biscuit with 1 tablespoon of diced ham and 1 tablespoon shredded cheese. Bake in a 400°F oven for 8-10 minutes or until biscuits are light brown and cheese is melted. Serves 10.

Visit www.TheOtherWhiteMeat.com or www.pork4kids.com for nutritional information for this recipe.

Variations:

Follow the recipe for **Ham Pizza Snacks**, and create a variety of different flavors for your pizza by using these suggested toppings:

Taco Pizza Snacks (1) — Substitute salsa for the pizza sauce. Top each pizza with taco-seasoned ground pork or beef, and cheddar or taco cheese. Serve topped with shredded lettuce if desired.

Tropical Pizza Snacks (2) — Add 1/2 tablespoon pineapple tidbits to these pizzas.

Sausage Pizza Snacks — Substitute cooked, crumbled sausage for the ham.

Pepperoni Pizza Snacks (3) — Substitute a 3.5-oz. package of pepperoni slices for the ham.



Which pizza did you make?

What food groups do the ingredients in your pizza represent?

What can be added to your meal to represent any missing food groups?

Taste all the pizzas. Which do you like best and why?

Come up with your own pizza variation here:

Passionate for Pie

The largest pizza on record* was created at the Norwood Hypermarket in South Africa, 1990, and measured an incredible 122 feet, 8 inches wide! The ingredients included 9,920 pounds of flour, 198 pounds of salt, 3,968 pounds of cheese, and 1,984 pounds of tomato puree. Seconds, anyone?

*Source: Guinness World Records

Note: At press time, the world record for a rectangular pizza (the South African pizza was circular) appeared to have been broken by an Iowa pizza maker, who created a pizza measuring 129 feet by 98.6 feet, totaling almost 50,000 slices. (Source: USA Today.com)



Smart Cooking

Reproducible Master

These smart-cooking tips will help you choose the right meat for the right dish and organize your time more efficiently so you can enjoy the fruits of your labor. Test out these quick and easy recipes that are guaranteed to satisfy! *Bon appétit!*

Time-saving Tips!

If time is limited, select a smaller cut of meat — like a pork chop — that cooks quickly. If you're entertaining and have several other dishes to prepare, you may want to choose a roast that can be put in the oven and requires very little attention.



Caramel Apple Pork Chops

4 boneless pork chops, 3/4-inch thick
2 tablespoons brown sugar
1/8 teaspoon salt
1/4 teaspoon cinnamon
2 tablespoons butter
2 medium tart red apples, cored and sliced into 1/2-inch wedges

Heat skillet over medium-high heat. Brush chops lightly with oil and sauté 7-8 minutes, turning occasionally, until browned. Place chops on serving platter. Cover to keep warm. In a small bowl, combine brown sugar, salt and cinnamon. Add butter to skillet; stir in brown sugar mixture and apples. Cover and cook for 3-4 minutes or until apples are tender. Pour apples over pork chops. Serves 4.

Today's Pork Cooking Times and Temperatures

Pork today is very lean and should not be overcooked. Whenever possible based on the cut, use a thermometer to test for doneness. Pork should be cooked to 160° F, at which temperature it will be slightly pink on the inside. For larger cuts of pork, such as roasts (*), cook to 150° F; remove from the oven or grill and allow to set for 10 minutes before slicing. The temperature of the roast will continue to rise to 160° and the pork juices will redistribute throughout the roast before slicing.

Method	Cut	Thickness/ Weight	Final Internal Temp. (°F)	Cooking Time <i>(in minutes, unless otherwise specified)</i>
Roasting Roast in an uncovered, shallow pan at 350° F.	Loin Roast, Bone-in or Boneless* Crown Roast* Leg* Shoulder Roast (Butt)* Tenderloin (roast at 425° - 450°) Ribs	2 - 5 lbs. 6 - 10 lbs. 3 1/2 lbs. 3 - 6 lbs. 1 - 1 1/2 lbs. —	160° 160° 160° 160° 160° Tender	20 per pound 20 per pound 40 per pound 30 per pound 20 - 30 1 1/2 - 2 hours
Broiling Broil 4 inches from heat or Direct Grilling Grill over direct heat	Chops, Bone-in or Boneless Thick Chop Kabobs Tenderloin Ground Pork Patties	3/4 inch 1 1/2 inches 1 inch cubes 1 - 1 1/2 lbs. 1/2 inch	160° 160° Tender 160° 160°	8 - 10 12 - 16 10 - 15 15 - 25 8 - 10
Indirect Grilling Grill over indirect heat	Loin Roast, Bone-in or Boneless* Shoulder Roast (Butt)* Ribs	2 - 5 lbs. 3 - 6 lbs. —	160° Tender Tender	45 - 60 2 1/2 - 4 hours 1 1/2 - 2 hours
Sautéing Sauté with a small amount of oil over medium-high heat in an uncovered pan	Cutlets, Bone-in or Boneless Chops, Bone-in or Boneless Tenderloin Medallions Ground Pork Patties	1/4 inch 3/4 inch 1/4 - 1/2 inch 1/2 inch	Tender 160° Tender 160°	3 - 4 7 - 8 4 - 8 8 - 10
Braising Braise with a small amount of liquid over low heat in a tightly covered pan	Chops or Cutlets Cubes Tenderloin Medallions Shoulder Roast (Butt)	1/4 inch - 1 inch 1 inch 1/2 - 3/4 inch 3 - 6 lbs.	160° Tender 160° Tender	8 - 15 8 - 10 8 - 10 2 - 2 1/2 hours
Stewing Stew in liquid at a slow simmer in a covered pot	Cubes	1 inch	Tender	45 - 1 hour

Lowfat and Fabulous!

- Use cuts with the words “loin” or “round” in their name for the leanest meats, such as pork tenderloin or loin chop.
- Trim excess fat prior to cooking — it can cut total fat content per serving in half.
- Choose low-fat cooking methods, such as grilling, broiling, stir-frying, and pan-broiling.
- Experiment with different seasonings, low-fat sauces, and marinades to enhance flavor without adding a lot of fat.

Now You're Cooking!

Pork		
chops, roast, ground		160°F
Beef, veal, lamb		
roasts, steaks		145-170°F
(med. rare to well-done)		
ground		160°F
Poultry		
whole		180°F
ground		165°F

Dry Heat versus Moist Heat?

Dry-heat methods cook meat very quickly over medium to high heat. Moist-heat methods — which involve the addition of liquid — cook the meat slowly over lower heat. Typically, dry heat is best for leaner and more tender cuts, while moist heat is better for less tender cuts.

America's Favorite Pork Chops

Suggested low-fat marinade recipe:



- 4 pork chops, about 3/4-inch thick
- 3/4 cup reduced-fat Italian dressing
- 1 teaspoon Worcestershire sauce

Place all ingredients in a self-sealing bag. Marinate in refrigerator for 20 minutes to overnight, discarding marinade. Grill over a medium-hot fire, or sauté over medium-high heat in a skillet, turning once, until just done, about 8 to 10 minutes total cooking time. Serves 4.

Barbecue Pork on Buns

Suggested recipe for creative cooking:



- 2 pounds boneless pork loin
- 1 onion, chopped
- 3/4 cup cola carbonated beverage
- 3/4 cup barbecue sauce
- 8 sandwich buns

Combine all ingredients except buns in a 4-quart slow-cooker; cook, covered, on high for 5-6 hours, until very tender. Drain and slice or shred pork; serve on buns with additional barbecue sauce, if desired. Serves 8.

Whether you're short on time, looking to save calories, feeding a crowd, or looking to impress, www.TheOtherWhiteMeat.com and www.pork4kids.com have hundreds of recipes to help you cook every day.



© 2005 YMI, Inc.



Don't be blah.™



The New Food Pyramid Steps to a Healthier You



FEMALES									
	11 years old			13 years old			15 years old		
	<30 min. exercise	30-60 min. exercise	> 60 min. exercise	< 30 min. exercise	30-60 min. exercise	> 60 min. exercise	< 30 min. exercise	30-60 min. exercise	> 60 min. exercise
Grains	5 oz.	6 oz.	6 oz.	5 oz.	6 oz.	7 oz.	6 oz.	6 oz.	8 oz.
Vegetables	2 cups	2.5 cups	2.5 cups	2 cups	2.5 cups	3 cups	2.5 cups	2.5 cups	3 cups
Fruits	1.5 cups	1.5 cups	2 cups	1.5 cups	2 cups	2 cups	1.5 cups	2 cups	2 cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Meat & Beans	5 oz.	5 oz.	5.5 oz.	5 oz.	5.5 oz.	6 oz.	5 oz.	5.5 oz.	6.5 oz.
Oils	5 tsp.	5 tsp.	6 tsp.	5 tsp.	6 tsp.	6 tsp.	5 tsp.	6 tsp.	7 tsp.
Discretionary Calories	130	195	265	130	265	290	195	265	360
Total calories	1,600	1,800	2,000	1,600	2,000	2,200	1,800	2,000	2,400
MALES									
Grains	6 oz.	6 oz.	7 oz.	6 oz.	7 oz.	9 oz.	7 oz.	9 oz.	10 oz.
Vegetables	2.5 cups	2.5 cups	3 cups	2.5 cups	3 cups	3.5 cups	3 cups	3.5 cups	4 cups
Fruits	1.5 cups	2 cups	2 cups	2 cups	2 cups	2 cups	1.5 cups	2 cups	2.5 cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Meat & Beans	5 oz.	5.5 oz.	6 oz.	5.5 oz.	6 oz.	6.5 oz.	6 oz.	6.5 oz.	7 oz.
Oils	5 tsp.	6 tsp.	6 tsp.	6 tsp.	6 tsp.	8 tsp.	6 tsp.	8 tsp.	10 tsp.
Discretionary Calories	195	265	290	265	290	410	290	410	510
Total calories	1,800	2,000	2,200	2,000	2,200	2,600	2,200	2,600	3,000

Go to www.MyPyramid.gov to find your personal pyramid plan.
 Visit www.pork4kids.com and www.TheOtherWhiteMeat.com
 to find the recipes to the dishes featured on this poster.

