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.
Dairy

Cheddar
Cottage Cheese
Milk
Yogurt

Calcium
Protein
Vitamin D
Potassium

Helps build strong bones and teeth. Provides nutrients while keeping saturated fat and cholesterol intake low.
Protein

Meat
Poultry
Fish
Beans
Eggs

Protein
B Vitamins
Vitamin E
Iron, Zinc, Magnesium

Helps build bones, muscles, cartilage, skin, and blood
Grains

Cereal
Pasta
Popcorn
Whole Grain Bread

Fiber
B Vitamins
Minerals

Reduce risk of heart disease and other chronic diseases.
Fruits

Apples
Oranges
Kiwi
Grapes
Bananas

Potassium
Fiber
Folic Acid
Vitamin C

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