Circle all fruits and vegetables on the menu.

- How many did you count?
- Is there at least one fruit and/or vegetable in each meal?
- How many fruits and vegetables are yellow? How many are white?
- How many meals include corn?
MyPyramid for Kids
Color in the MyPyramid chart using the color codes below to represent the five major food groups plus oils.

Purple = Meat & Beans
Green = Vegetables
Orange = Grains
Yellow = Oils
Red = Fruits
Blue = Milk

Reasons to Eat Corn
Eating a ½ cup of white or yellow corn is a good way to get thiamin. Thiamin is also called vitamin B₁. It helps your body use energy.

Thiamin Champions:*
Black beans, corn, fortified breakfast cereals, lima beans, navy beans, pasta, pinto beans, rice, soy beans, and whole grain products.
*Thiamin Champions are a good or excellent source of thiamin.

How Much Do I Need?
A ½ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried. They all count towards your daily amounts. And, don’t forget to be active for at least 60 minutes every day!

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.