**Food Groups to Encourage Pamphlet**

**Directions:** Referring to the Dietary Guideline #4 information found in your study guide, make a Foods Groups to Encourage pamphlet. ***Each of the six pages must be colorful, have illustrations, and be factually correct.*** You can use markers, colored pencils, crayons or any computer program to create your pamphlet. Attach your completed pamphlet to this paper for grading.

Your pamphlet ***must*** have the following pages:

|  |  |  |
| --- | --- | --- |
| Title Page\*Title: “Food Groups to  Encourage”\*Illustrations/Pictures\*Your name and class  period | Vegetables and Fruits\*Recommendations \*Illustrations/Pictures | Whole Grains\*Recommendations \*Illustrations/Pictures |

|  |  |  |
| --- | --- | --- |
| Milk\*Recommendations \*Illustrations/Pictures | Seafood\*Recommendations \*Illustrations/Pictures | Oils\*Recommendations \*Illustrations/Pictures |

Each Panel Colored/Illustrated/Pictures (6 panels x 4 pt.) \_\_\_\_\_/24 pts.

Each Panel Factually Correct (6 panels x 4 pt.) \_\_\_\_\_/24 pts.

Extra Credit Points \_\_\_\_\_/ 2 pts.

Total \_\_\_\_\_/50 pts.

***Teacher Comments:***