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THE SQUARE MEALS  
SCORECARD!

## Learn what it takes to earn a good grade in eating healthy and exercising regularly.

Here's how to keep score! Color in a number for each 1/2 cup of fruits or vegetables you eat each day. Color in a number for every 15 minutes of exercise you get each day.

### FRUIT GOALS

A good goal for active school-age children is 1 1/2 cups of fruits a day.\*



### PHYSICAL ACTIVITY GOALS

School-age children need 60 minutes of physical activity a day for healthy benefits.



### VEGETABLE GOALS

A good goal for active school-age children is 2 to 2 1/2 cups of vegetables a day.\*



	SUN	MON	TUE	WED	THUR	FRI	SAT
FRUIT GOALS	1 2 3 	1 2 3 Suggestion: Eat an apple with your school or summer lunch	1 2 3	1 2 3 	1 2 3 Suggestion: Try six pear slices the size of dominos	1 2 3	1 2 3 
PHYSICAL ACTIVITY GOALS	1 2 3 4 	1 2 3 4 	1 2 3 4 Suggestion: Jump rope 300 times	1 2 3 4	1 2 3 4 	1 2 3 4 Suggestion: Dance to three favorite songs	1 2 3 4
VEGETABLE GOALS	1 2 3 4 5 Suggestion: Eat seven or eight baby carrots	1 2 3 4 5	1 2 3 4 5 	1 2 3 4 5 Suggestion: Fix a baseball-sized salad of leafy Texas lettuce	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5 

**\*Scorecard Recommendations:** Goals are different for different people depending on age, gender and level of physical activity. Find out exactly how much colorful fruits and vegetables **you** need each day by getting your **personal food guide pyramid** at [www.mypyramid.gov](http://www.mypyramid.gov).

Visit the "For Kids" area on [www.squaremeals.org](http://www.squaremeals.org) to download extra copies of the Scorecard. You can also visit this Web site or call (888) TEX-KIDS for school meal program details, healthy recipes and more. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. USDA's Food and Nutrition Service is dedicated to providing nutritionally balanced meals to children each school day. TDA is an equal opportunity provider.



square meals

Nourishing children's bodies and minds.

A Program of the Texas Department of Agriculture's Food and Nutrition Division

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A+!

EL MARCADOR DE  
COMIDAS BALANCEADAS!

Aprende lo que debes hacer para ganar un buen grado en comer sano y ejercitar regularmente.

Aquí es cómo marcar los tantos! Colorea un número por cada 1/2 taza de frutas y verduras que comes cada día. Colorea un número por cada 15 minutos de ejercicio que hagas cada día.

### METAS PARA FRUTAS

Una buena meta para niños activos de edad escolar es 1 1/2 tazas de frutas cada día.\*



### METAS PARA ACTIVIDAD FÍSICA

Los niños de edad escolar necesitan 60 minutos de actividad física al día para obtener ventajas sanas.



### METAS PARA VERDURAS

Una buena meta para niños activos de edad escolar es 2 a 2 1/2 tazas de verduras cada día.\*

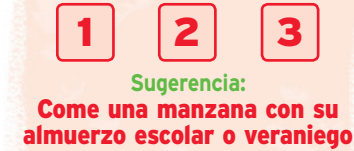


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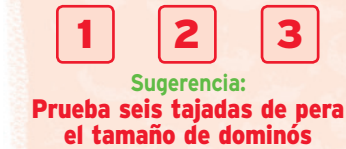


MIE

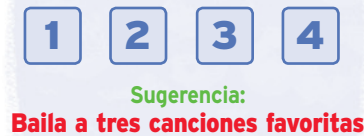


Sugerencia:  
Fije una ensalada el tamaño de  
un béisbol de lechuga Texana

JUE



VIE



SAB



**\*Recomendaciones para el marcador:** Las metas son diferentes para diferentes personas dependiendo de su edad, sexo y nivel de actividad física. Descubra exactamente cuántas frutas y verduras **usted** necesita cada día consiguiendo su **pirámide personal de la guía del alimento** en [www.mypyramid.gov](http://www.mypyramid.gov).

Visite el área de niños en [www.squaremeals.gov](http://www.squaremeals.gov) para transferir copias adicionales del marcador. También puede visitar este sitio en la Red o llamar al (888) **TEX-KIDS** para detalles acerca del programa de comidas escolares, recetas saludables y más. Square Meals es el programa escolar de promoción y educación sobre la nutrición del Departamento de Agricultura de Texas, financiado por Servicios de Alimentos y Nutrición del Departamento de Agricultura de EE.UU. El TDA ofrece igualdad de oportunidades para todos.



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