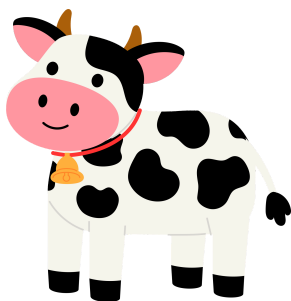




Balanced Bites

Human & Livestock Nutrition
Activity Book



Cornell Cooperative Extension | **Oneida County**

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What do all living things need
to grow and stay healthy?



Nutrients!

5 Big Nutrients:

Carbohydrates (carbs) → quick energy

Protein → repair & build your body

Fiber → digesting food

Fats → storing energy

Vitamins & minerals → support your body

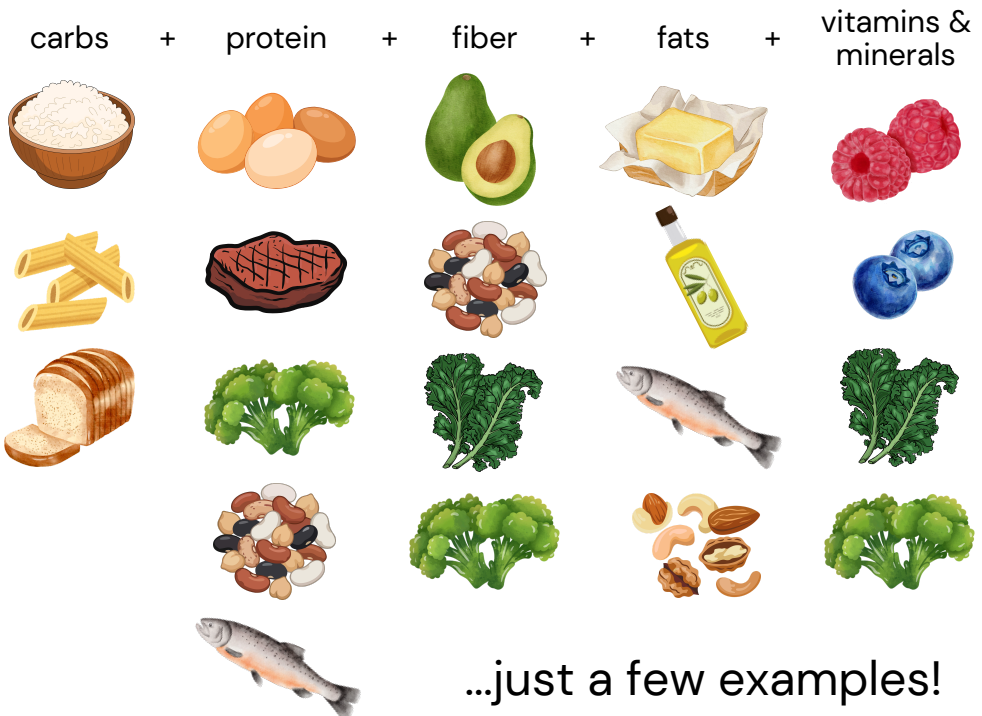


How do you get all of the nutrients you need?



A balanced diet!

Eating a variety of foods provide you with all essential nutrients.



...just a few examples!

Match the food to the nutrient group:

Draw a line from the food to the nutrient group it belongs in. Some foods belong in more than one group!

Carbohydrates



Protein



Fiber



Fats



Vitamins & minerals

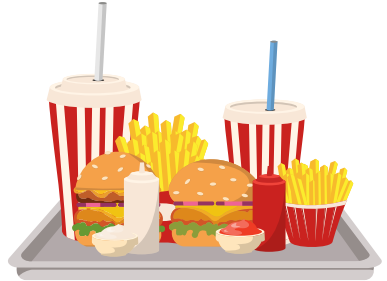


Can you tell what nutrients are on these plates?

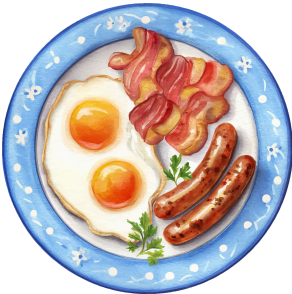
Write the nutrients each plate contains on the lines below.



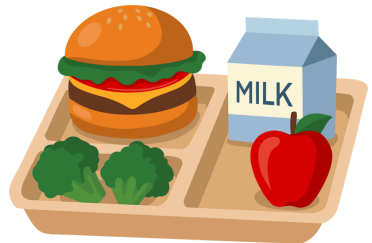
Do you think this is a balanced plate?



Do you think this is a balanced plate?



Do you think this is a balanced plate?



Do you think this is a balanced plate?

Did you know...

Dairy cows and humans need the same types of nutrients!

Carbs → corn or barley grain



Protein → soybean meal and alfalfa



Fiber → forage like grass and hay



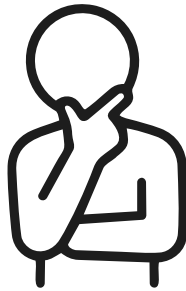
Fats → vegetable oils



Vitamins & minerals → pre-mixes



How do farmers make sure their cows get all the nutrients they need?



TMR!

Total Mixed Ration: all ingredients evenly mixed together

Every bite is a balanced bite!



↑
TMR

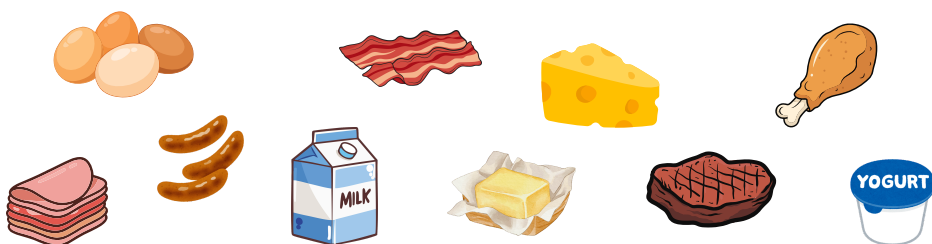
Why do we give cows balanced diets?



Livestock health affects the nutrient values in the products we get from them.

If our livestock isn't healthy, we can't be as healthy!

How many animal products can you name?



Human TMR Activity

Build your own balanced bites!

.....

Build your own
"human TMR"

Nutrient Group:

Pick a snack that belongs here!

Carbs	
Protein	
Vitamins & Minerals	
Fats or Fiber	

Mix and enjoy!

Human TMR Activity (Example)

Build your own balanced bites!

.....

Build your own "human TMR"

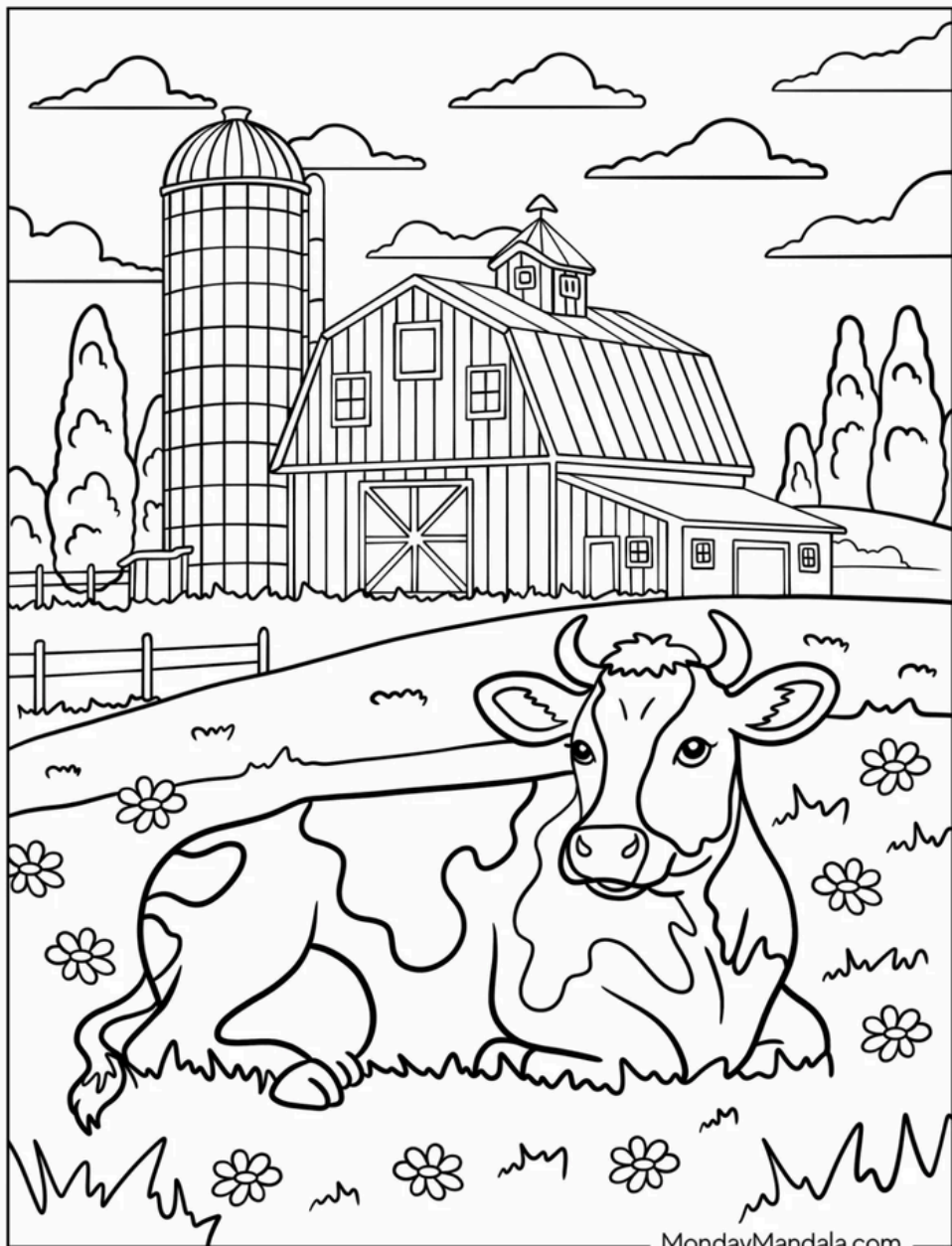
Nutrient Group:

Pick a snack that belongs here!

Carbs	Whole Grain Goldfish Cheerios
Protein	Almonds Pumpkin Seeds (Pepitas)
Vitamins & Minerals	Dried fruit Banana chips
Fats or Fiber	Shredded coconut Dark chocolate chips

Mix and enjoy!

Coloring Page





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