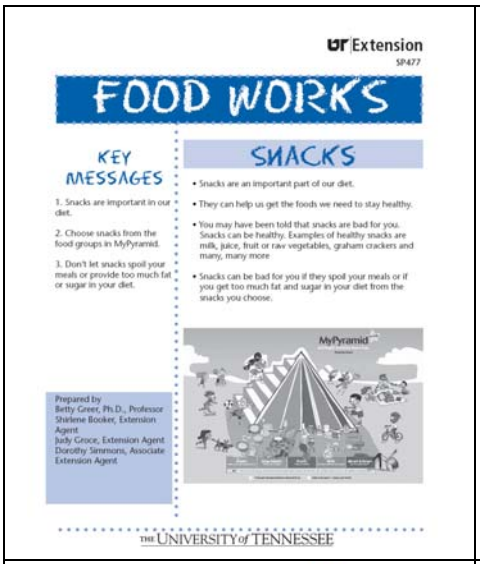
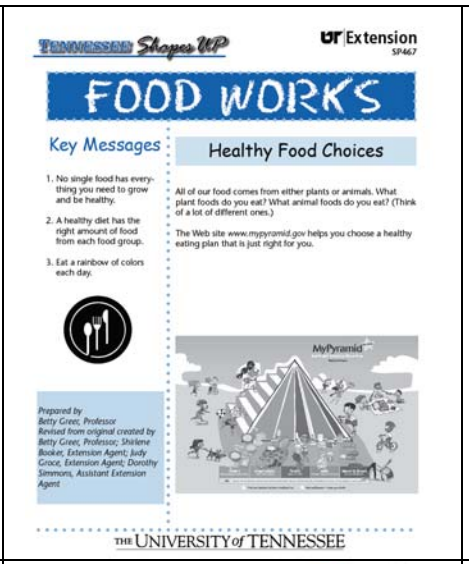
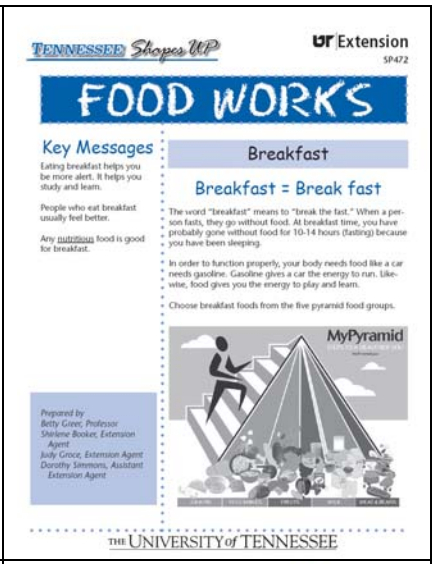
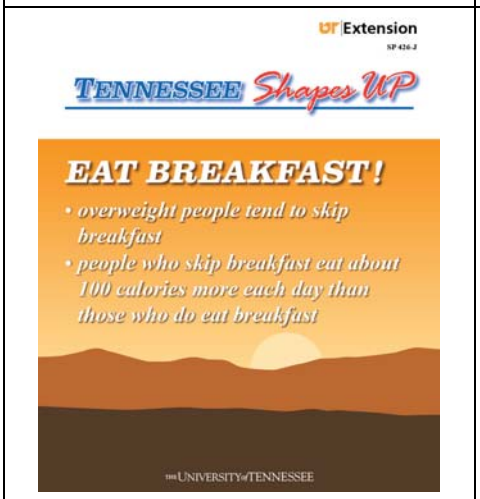
Publications

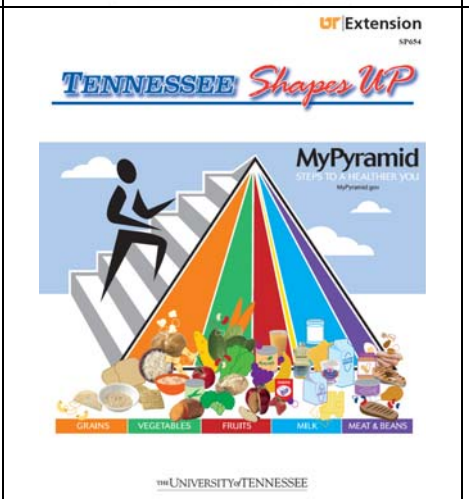
The following publications are available for parent outreach and education. They are intended to help parents make healthy decisions for themselves and their families. Click on each picture to access the publication. Copies can be printed or obtained from the Knox County Extension office.

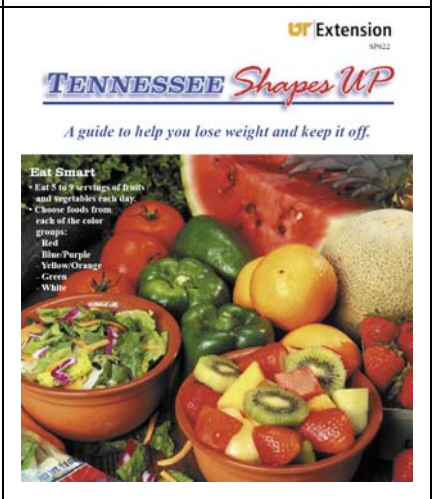


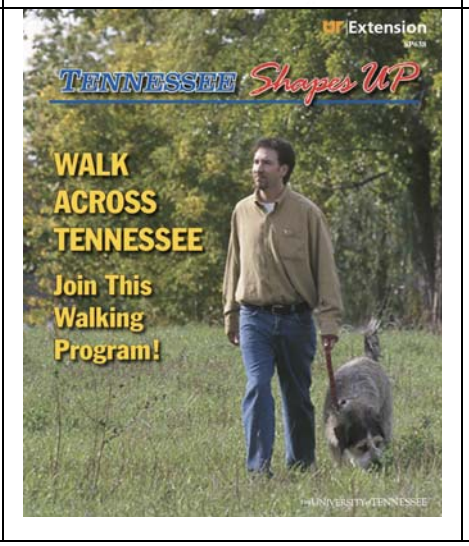


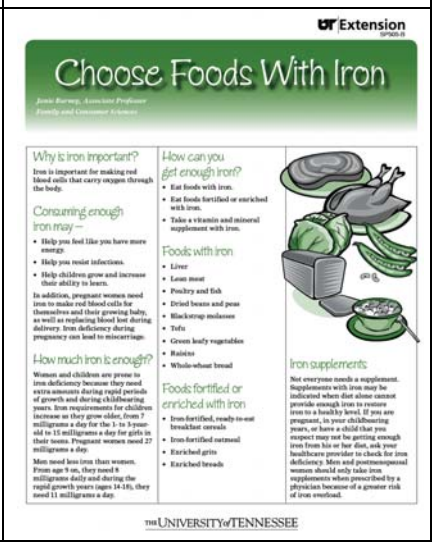












UT Extension
SP655-C

Food Groups in Focus

Grain Group
Make half your grains whole

Age	Recommended Daily Amount* (ounce equivalents)	
	Total for Grain Group	Whole grains
2 to 3 years	3	1½
4 to 8 years	4 to 5	2 to 2½
9 to 13 years	Female: 5	Female: 3
	Male: 6	Male: 3
14 to 18 years	Female: 6	Female: 3
	Male: 7	Male: 3½
19 to 30 years	Female: 6	Female: 3
	Male: 8	Male: 4
31 to 50 years	Female: 6	Female: 3
	Male: 7	Male: 3½
51+ years	Female: 5	Female: 3
	Male: 6	Male: 3

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
SP655-B

Food Groups in Focus

Vegetable Group
Vary your veggies

Age	Recommended Daily Amount* (cups)
2 to 3 years	1
4 to 8 years	1½
9 to 13 years	Female: 2
	Male: 2½
14 to 18 years	Female: 2½
	Male: 3
19 to 30 years	Female: 2½
	Male: 3
31 to 50 years	Female: 2½
	Male: 3
51+ years	Female: 2
	Male: 2½

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
SP655-A

Food Groups in Focus

Fruit Group
Focus on fruits

Age	Recommended Daily Amount* (cups)
2 to 3 years	1
4 to 8 years	1 to 1½
9 to 13 years	Female: 1½
	Male: 1½
14 to 18 years	Female: 1½
	Male: 2
19 to 30 years	Female: 2
	Male: 2
31 to 50 years	Female: 1½
	Male: 2
51+ years	Female: 1½
	Male: 2

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
SP655-D

Food Groups in Focus

Milk Group
Get your calcium-rich foods

Age	Recommended Daily Amount* (cups)
2 to 3 years	2
4 to 8 years	2
9 to 13 years	3
14 to 18 years	3
19 to 30 years	3
31 to 50 years	3
51+ years	3

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
SP655-E

Food Groups in Focus

Meat & Bean Group
Go lean with protein

Age	Recommended Daily Amount* (cups)
2 to 3 years	2
4 to 8 years	3 to 4
9 to 13 years	5
14 to 18 years	Female: 5
	Male: 6
19 to 30 years	Female: 5½
	Male: 6½
31 to 50 years	Female: 5
	Male: 6
51+ years	Female: 5
	Male: 5½

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
SP655-F

Focus on Fats

Oils
Know your fats

Age	Recommended Daily Allowances* (teaspoons)
2 to 3 years	3
4 to 8 years	4
9 to 13 years	5
14 to 18 years	Female: 5
	Male: 6
19 to 30 years	Female: 6
	Male: 7
31 to 50 years	Female: 5
	Male: 6
51+ years	Female: 5
	Male: 6

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

THE UNIVERSITY of TENNESSEE

UT Extension
PB1420

A Quick Consumer Guide to Safe Food Handling

UT Extension
SP626

Use a Food Thermometer

It's Safe to Bite When the Temperature Is "Right!"

Jane Burney, Associate Professor
Family and Consumer Sciences

What Is the "Right" Temperature?

A temperature hot enough to kill harmful bacteria in meat, poultry and egg dishes.

Why Is the "Right" Temperature Important?

According to the Centers for Disease Control, more than 76 million people in the United States become sick from harmful bacteria in food every year. 300,000 are hospitalized and 5,000 die. These bacteria are especially harmful for the very young, pregnant women, the old and those with conditions that make their immune systems weaker than normal.

How Do You Know When Food Reaches the "Right" Temperature?

Use a food thermometer to measure the inside temperature of your food. Looking at the color of food is not a reliable way to be sure it is safe to eat. For example, a ground beef patty may turn brown before it reaches a high enough temperature to kill harmful bacteria. Or, it may look pink, but be safe to eat. What is important is that it reaches 160 degrees F. Using a thermometer will also help you avoid overcooking food so that it will not be dry and less flavorful. Measuring the temperature inside food is the only way to be sure food is cooked to the "right" temperature.

The "Right" Temperatures Are

- 145° F – Beef, lamb and veal steaks, and roasts, medium rare (medium – 160° F)
- 160° F – Ground beef, pork, veal, lamb, pork chops, ribs, roasts and egg dishes
- 165° F – Ground turkey and chicken, stuffing, casseroles and left-overs
- 170° F – Chicken and turkey breasts
- 180° F – Chicken and turkey: whole bird, legs, thighs and wings

THE UNIVERSITY of TENNESSEE

UT Extension
PB1753

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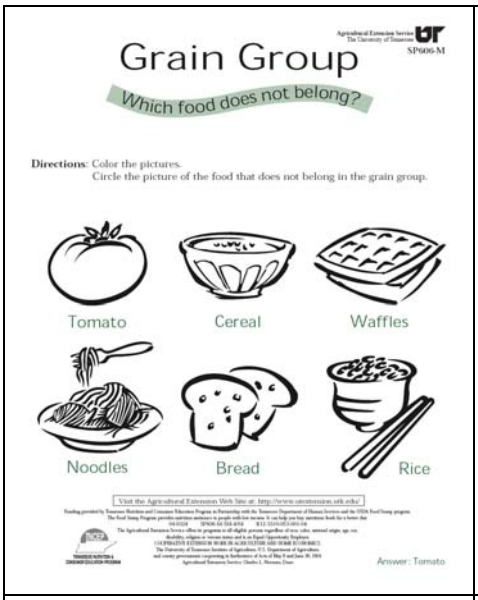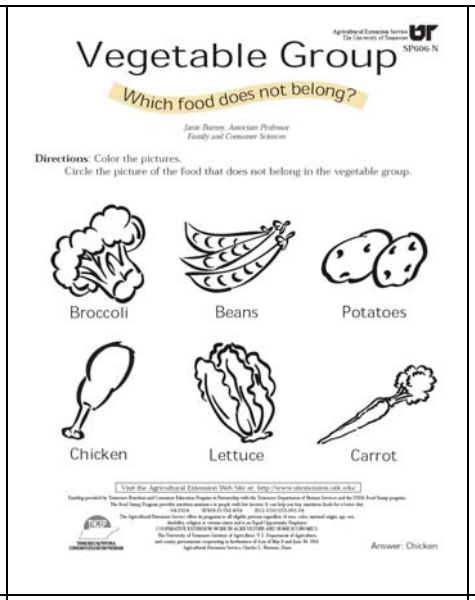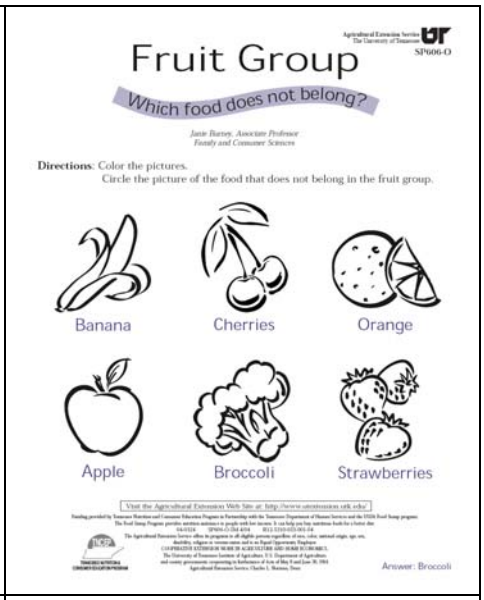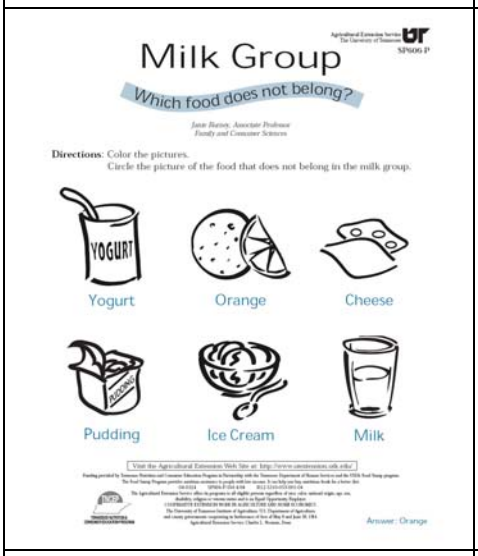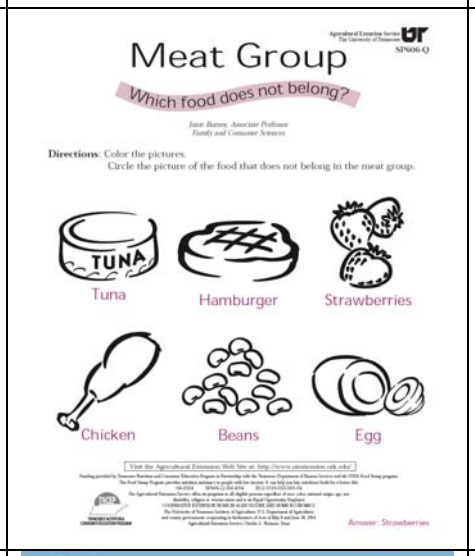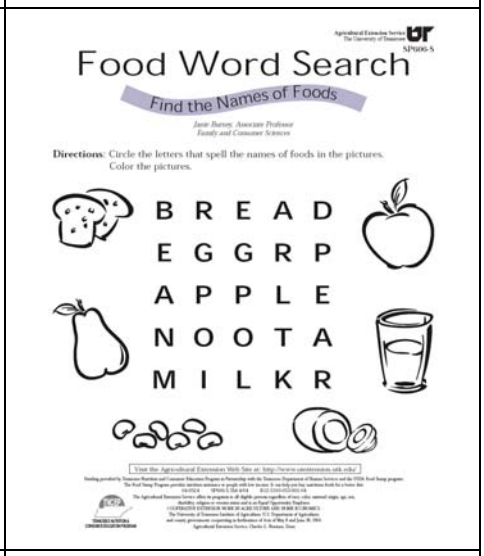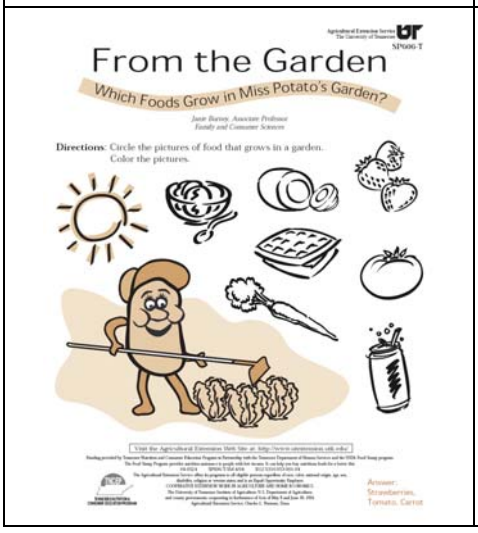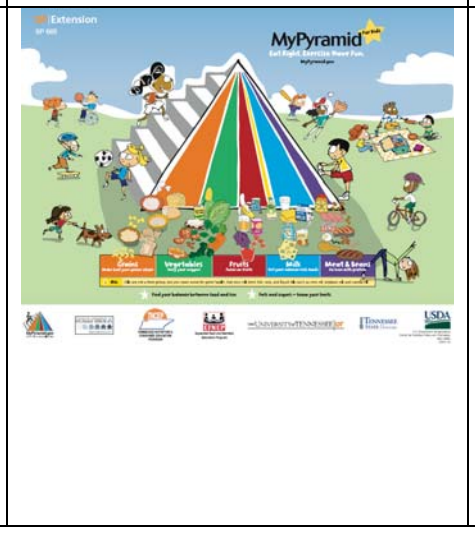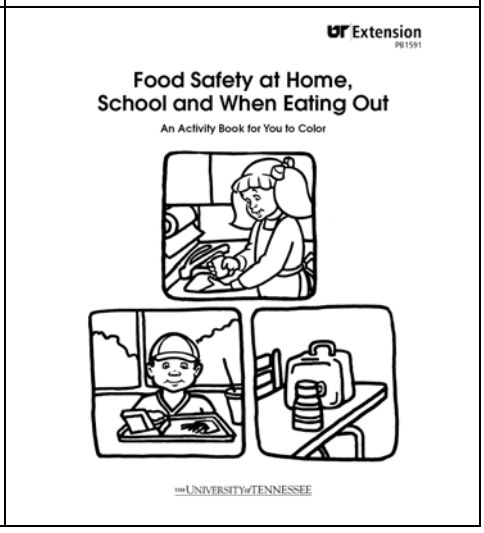
Handouts and Activities for Children