

TRUE or FALSE: "sugar" is one of the food groups.

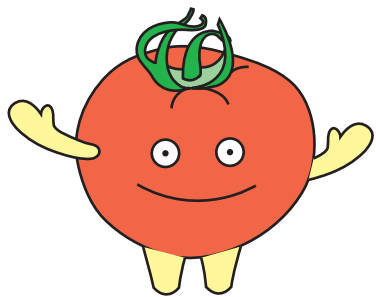
**HUNGER FLIGHT 101**

FALSE! The food groups are GRAINS, FRUITS, VEGETABLES, MEAT/BEANS and DAIRY.

ANSWER: Launch meat!

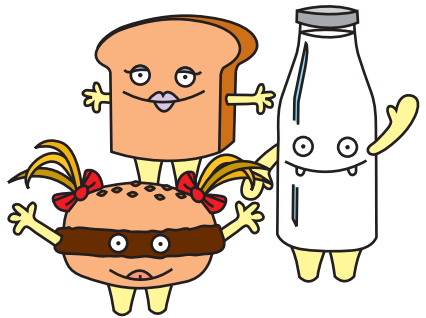
**HUNGER FLIGHT 101**

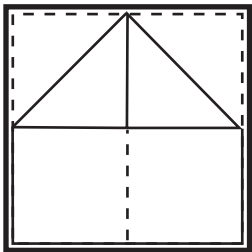
JOKE: What's an astronaut's favorite food?



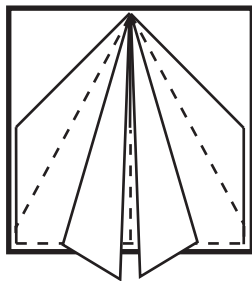
### JOIN THE FOOD CREW!

They're weird looking and they need your help! Help Moe Milk, Tom Mato, Patti Melt and Greta Grain make a crazy paper airplane and learn about good nutrition! Just follow the directions on the other side...

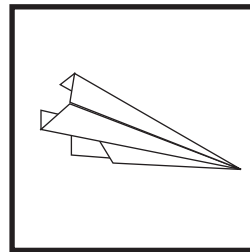




**Step 1:**  
Cut the airplane to the outer square shape. Flip the paper over (design side down) and fold the top corners into the center point.



**Step 2:**  
Fold the folded edges into the center on each side like in the drawing, then fold those outside edges into the center once more.



**Step 3:**  
Fold the plane in half away from you, then pull the wings outward and you're ready to go!

P.S. Sometimes it helps to attach a paper clip at the nose of the plane.