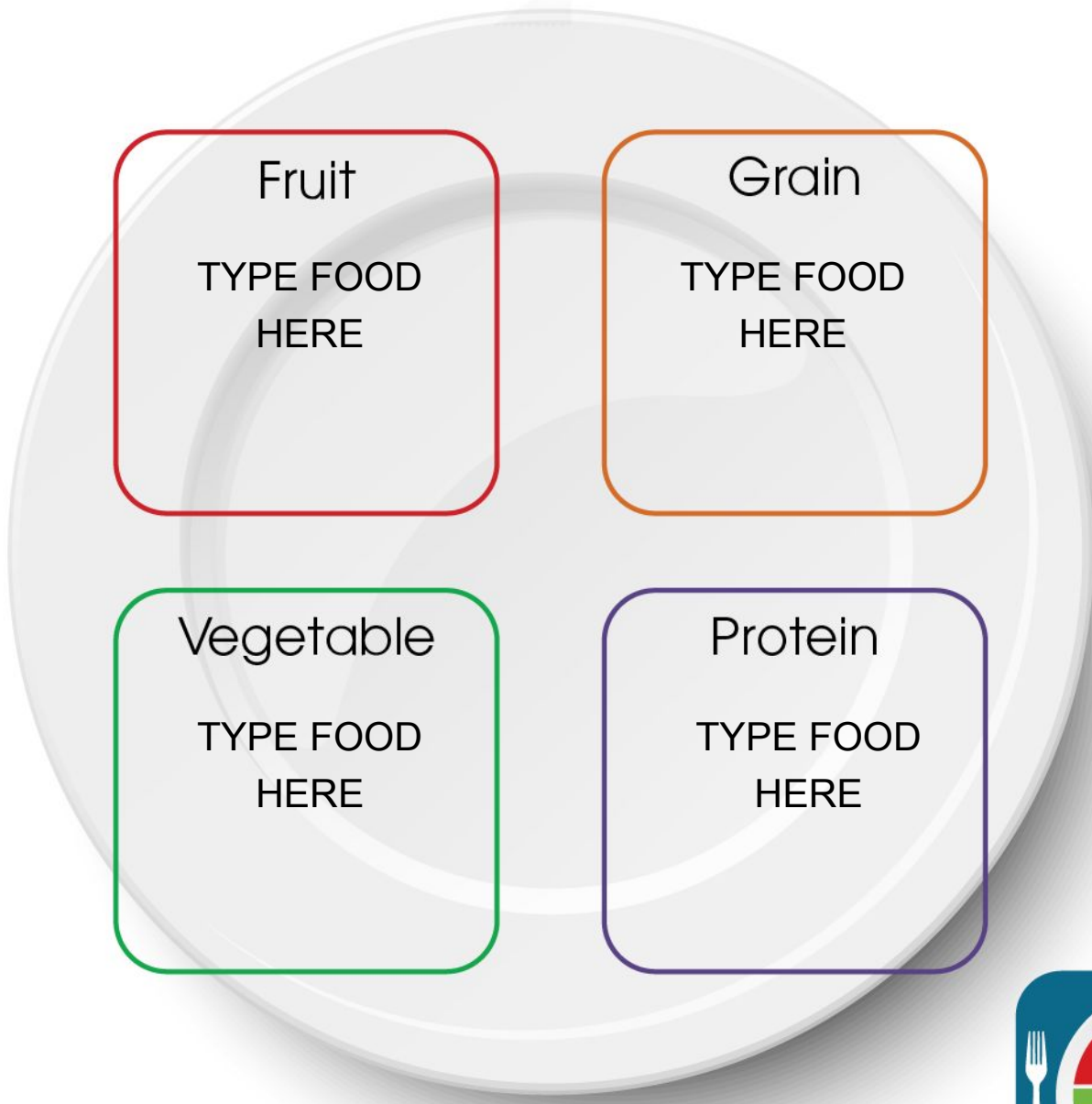


BUILD A BALANCED DINNER

Let's build a balanced dinner!
Fill your plate with nutritious food
from all 5 food groups.

First, write your name on the line.
Next, in the boxes, draw pictures or
write the names of foods from each
group.

Your Name



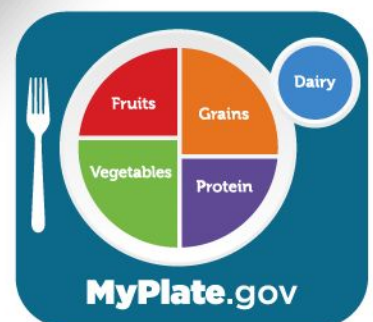
Dairy
TYPE FOOD
HERE

Fruit
TYPE FOOD
HERE

Grain
TYPE FOOD
HERE

Vegetable
TYPE FOOD
HERE

Protein
TYPE FOOD
HERE



FOOD GROUP FOOD LISTS (YUM!)

We started each list. Now add your favorite foods in each food group!
Don't forget the physical activity. List your favorite games and activities.



Fruits

Blackberries, Cantaloupe, Pineapple, Raisins, Red grapes



Vegetables

Broccoli, Celery, Collard greens, Green Pepper, Sweet potato



Grains

Brown rice, Corn tortilla, Oatmeal, Popcorn, Whole wheat bread



Protein Foods

Eggs, Hamburger, Pinto beans, Tofu, Tuna



Dairy Foods

Cottage cheese, Low fat milk, Mozzarella cheese, Soy milk, Yogurt



Activities

Bike riding, Jumping rope, Sledding, Swimming

