

BUILD A BALANCED LUNCH

Let's build a balanced lunch! Pack this reusable lunch bag with nutritious food from all 5 food groups.

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



Fruit
TYPE
FOOD
HERE

Vegetable
TYPE
FOOD
HERE

Grain
TYPE
FOOD
HERE

Protein
TYPE
FOOD
HERE

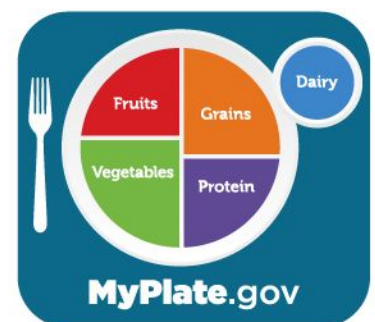
Dairy
TYPE
FOOD
HERE



Don't forget recess! Take 15 minutes before or after your lunch to get some fun physical activity! What did you do for recess today?



Activity Name	Activity Time
TYPE	TYPE
ACTIVITY	TIME
HERE	HERE



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

FOOD HERE

Fruits



MyPlate.gov

Vegetables



MyPlate.gov

Grains



MyPlate.gov

Protein



MyPlate.gov

Dairy



MyPlate.gov

Fruit

FOOD HERE

Grain

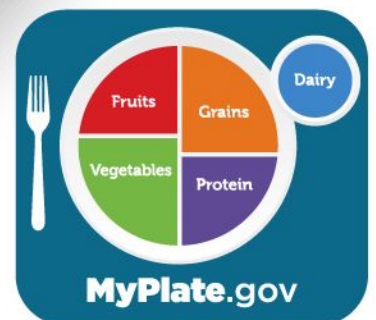
FOOD HERE

Vegetable

FOOD HERE

Protein

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, Lowfat milk, Mozzarella cheese, Soy milk, Yogurt



Activities

Bike riding, Jumping rope, Sledding, Swimming

