

Name _____

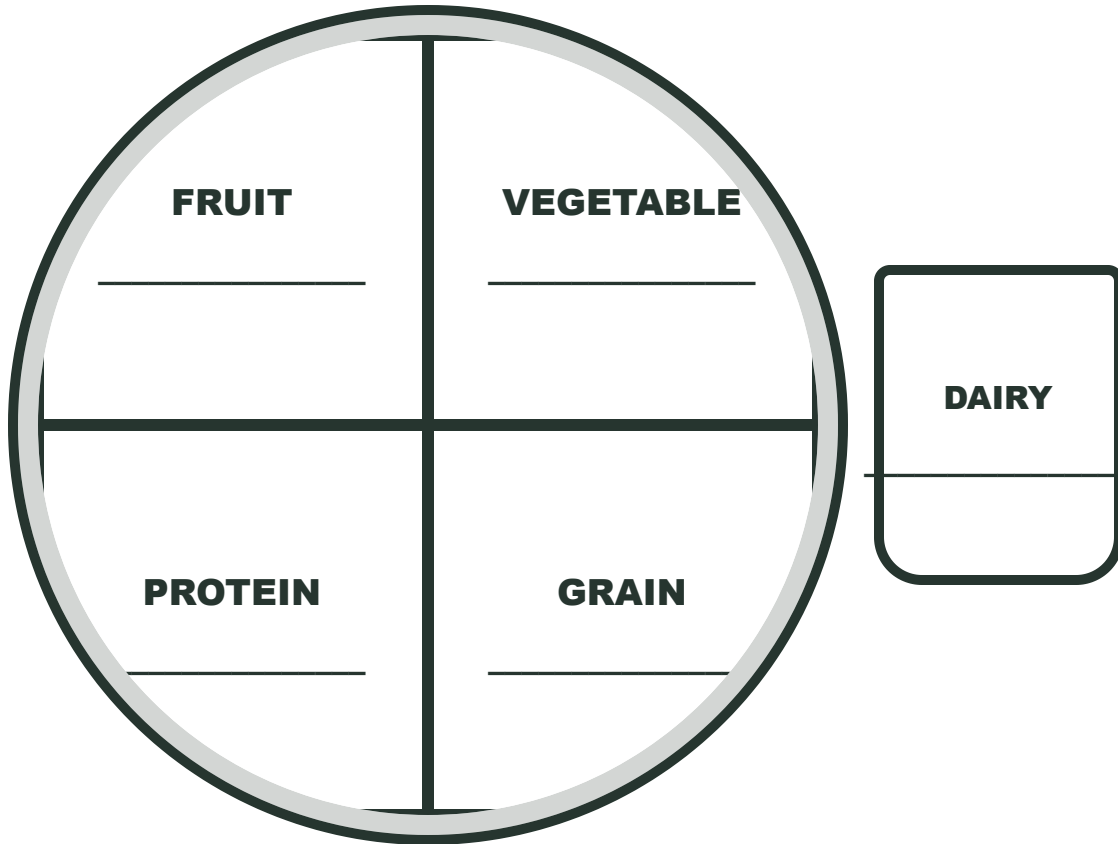
Date _____











Build a Balanced Plate

Plan a meal using several food groups



Directions: Choose one fruit, vegetable, protein, and grain. Add one dairy choice. Write your meal.



 Apple <input type="checkbox"/>	 Banana <input type="checkbox"/>	 Broccoli <input type="checkbox"/>	 Carrot <input type="checkbox"/>	 Beans <input type="checkbox"/>
 Chicken <input type="checkbox"/>	 Brown rice <input type="checkbox"/>	 Whole-grain bread <input type="checkbox"/>	 Milk <input type="checkbox"/>	 Yogurt <input type="checkbox"/>

Name _____

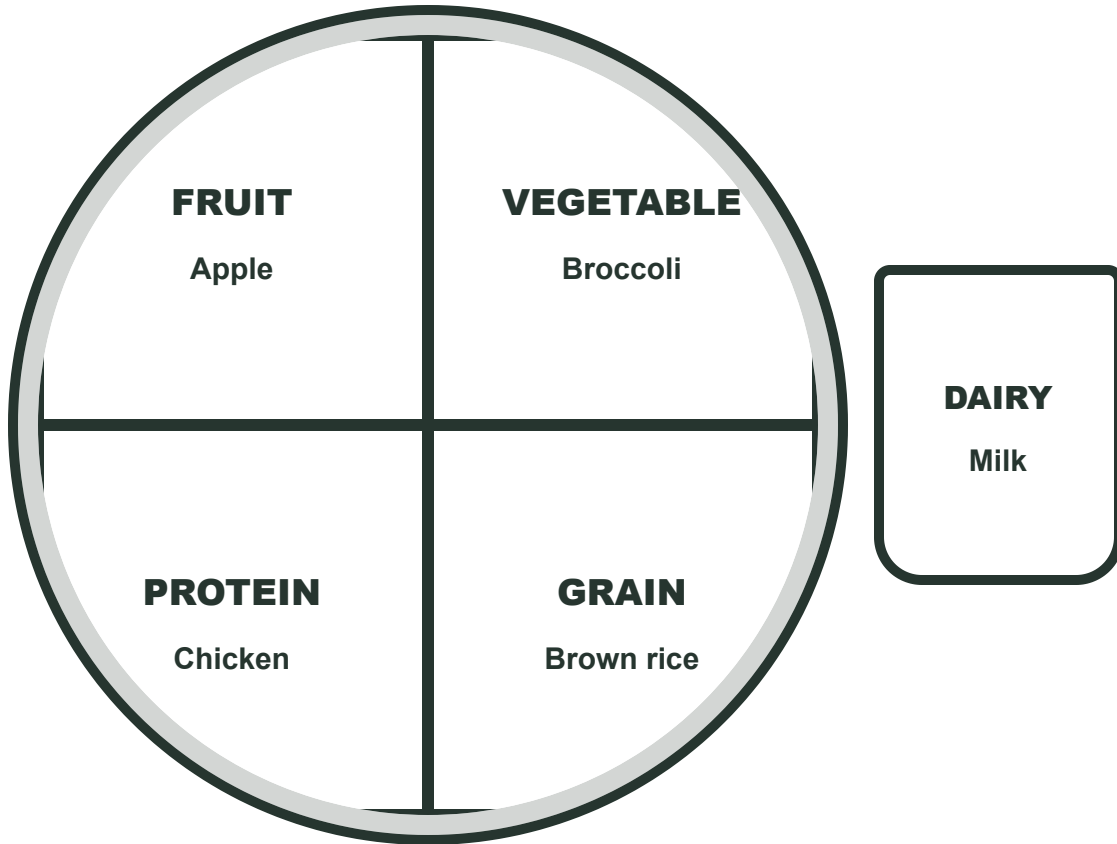
Date _____











Build a Balanced Plate

Plan a meal using several food groups



Answer Key: Choose one fruit, vegetable, protein, and grain. Add one dairy choice. Write your meal.



 Apple <input checked="" type="checkbox"/>	 Banana <input type="checkbox"/>	 Broccoli <input checked="" type="checkbox"/>	 Carrot <input type="checkbox"/>	 Beans <input type="checkbox"/>
 Chicken <input checked="" type="checkbox"/>	 Brown rice <input checked="" type="checkbox"/>	 Whole-grain bread <input type="checkbox"/>	 Milk <input checked="" type="checkbox"/>	 Yogurt <input type="checkbox"/>