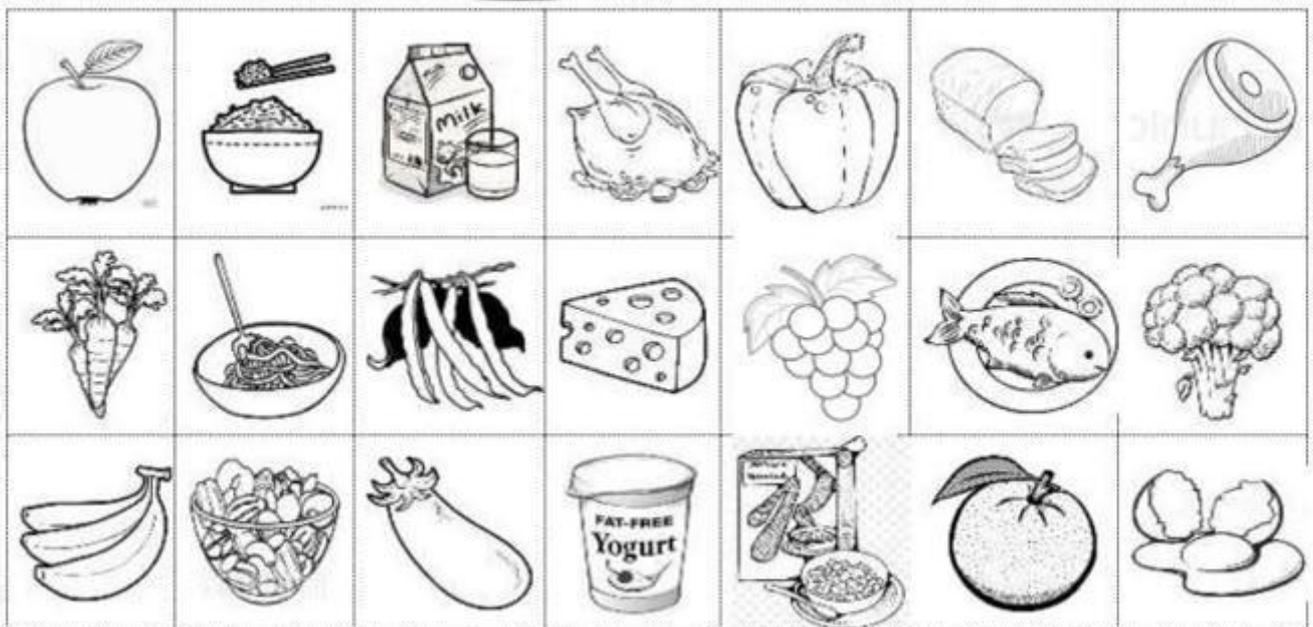
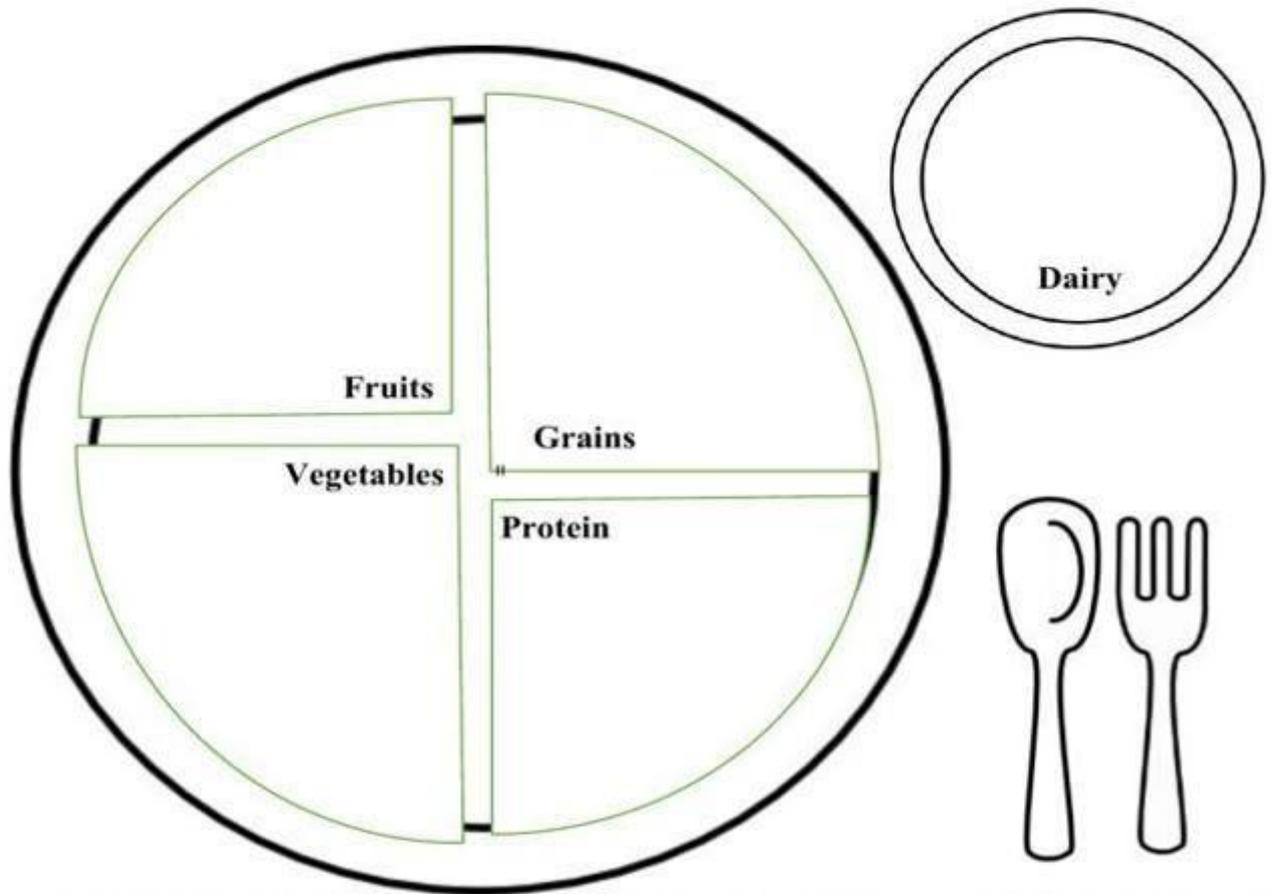


A HEALTHY PLATE

Cut-out the pictures below and paste them on your plate to create a healthy and balanced meal.



Name Class..... No.....

Healthy or Unhealthy

Direction : Put the words in the correct column.

egg

burger

rice

fish

cake

fruit

milk

candies

juice

chicken

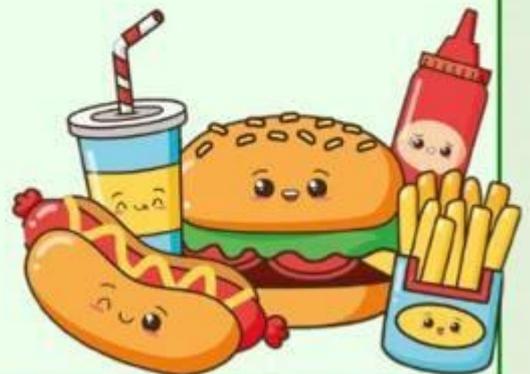
pizza

softdrink

Healthy



Unhealthy



Name _____

Date _____



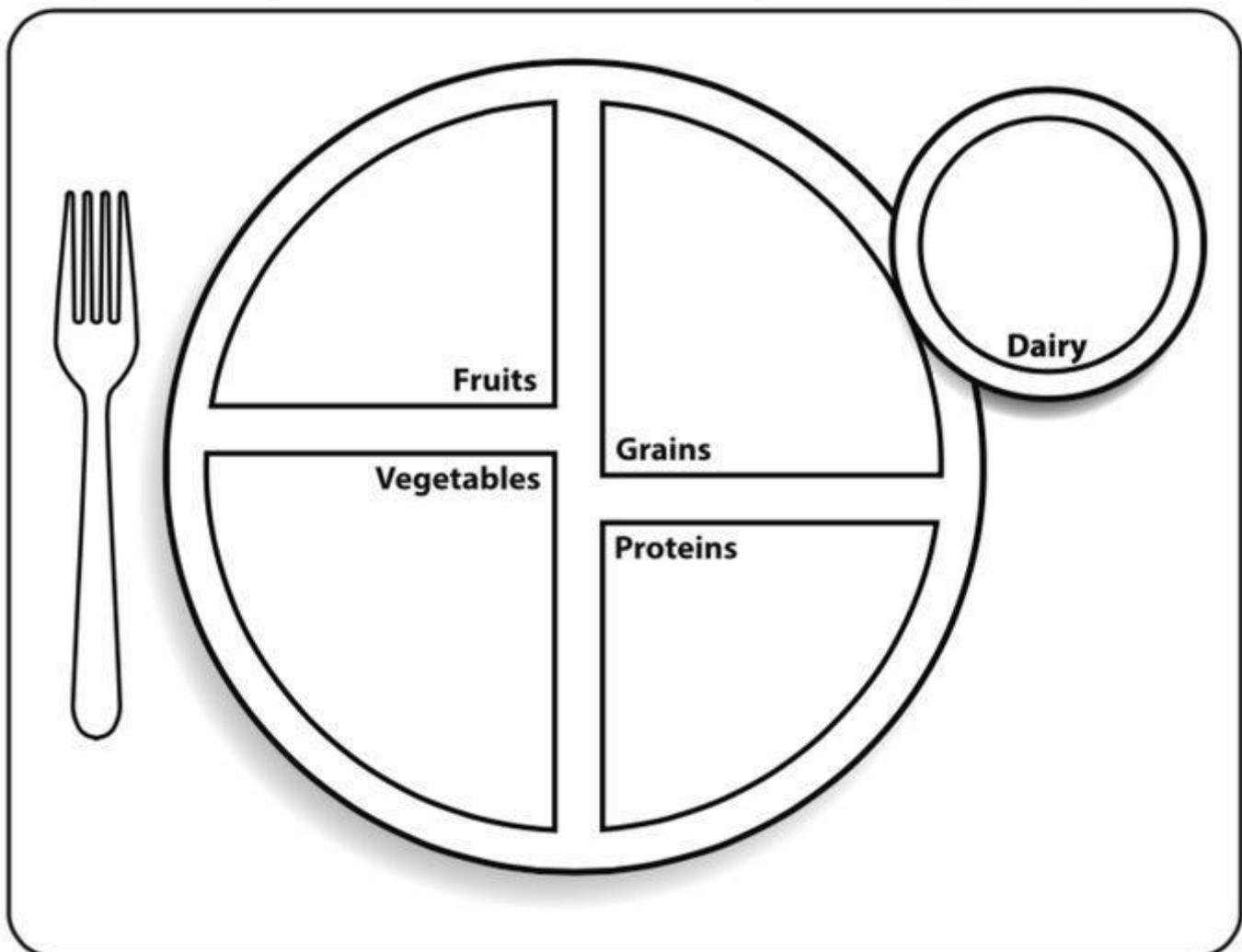
Lunch Time: Fill Your Plate!

Check out the **Lunch!** video on the **Blazer Fresh** channel.

A healthy meal has a good mix of different foods including fruits, vegetables, grains, proteins, and dairy like the ones in the chart below.

Fruits	Vegetables	Grains	Proteins	Dairy
<ul style="list-style-type: none"> Apple Orange Pear Grapes Bananas Peach Berries 	<ul style="list-style-type: none"> Onion Carrot Cauliflower Lettuce Spinach Peas Broccoli 	<ul style="list-style-type: none"> Rice Bread Pasta Oats Cereal 	<ul style="list-style-type: none"> Fish Meat Chicken Eggs Beans Nuts 	<ul style="list-style-type: none"> Milk Yogurt Cheese

Draw a picture of a healthy meal! Use foods from the chart or other foods you like to fill in the plate and cup.



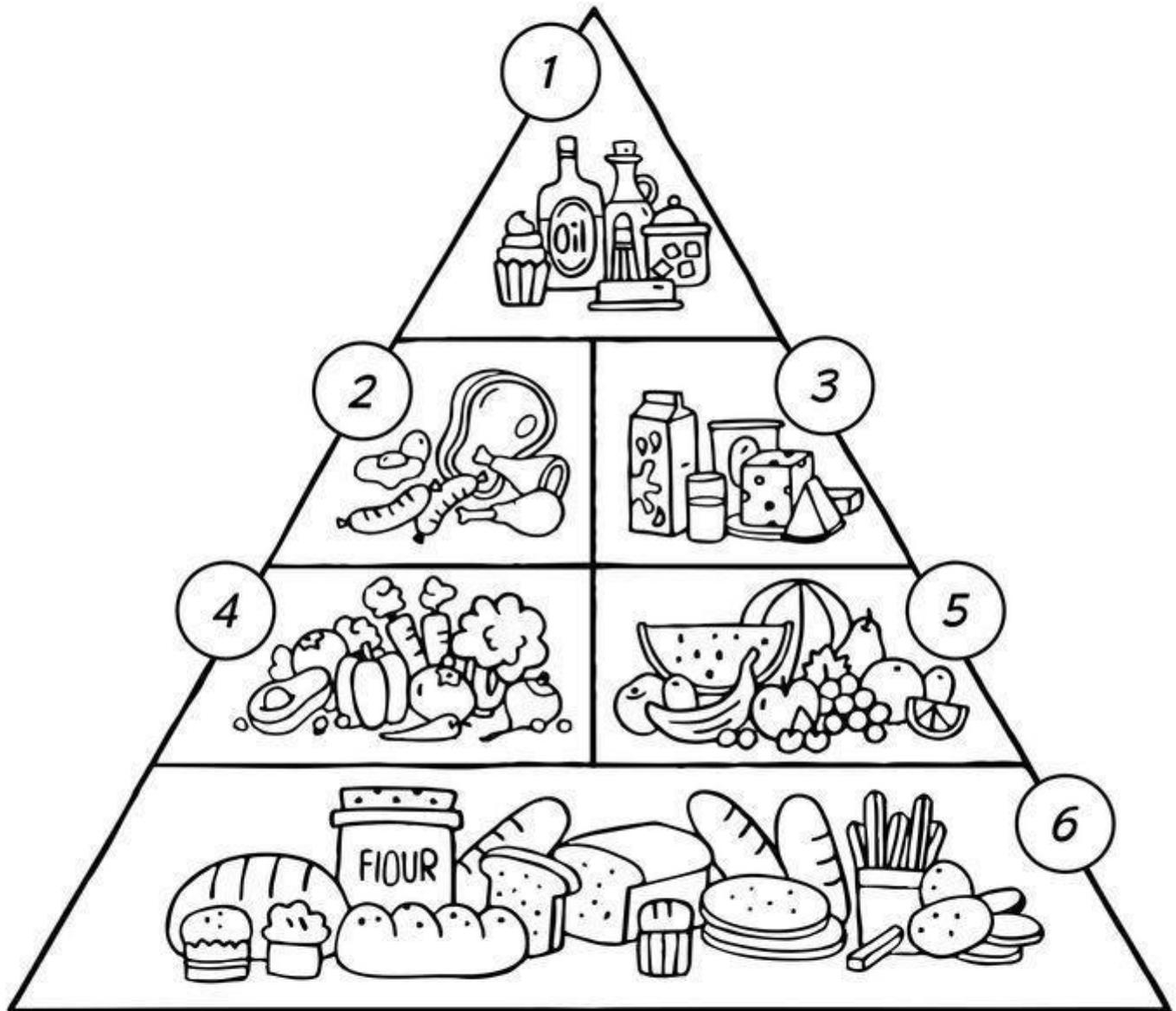
<https://www.choosemyplate.gov/>

Name: _____

Date: _____

FOOD PYRAMID

Name the food groups below!



1. _____

4. _____

2. _____

5. _____

3. _____

6.  **LIVEWORKSHEETS**