

Fill in the blanks

cereal with milk	fruit salad	pasta with vegetables	a bowl of cereal	a cup of milk
meat and beans	vegetables	fruits	a piece of meat	a cup of vegetables
one hour				

What Tony Had or Did	Type of Food	How much Tony had or did
Breakfast _____	Grains and milk	_____ & _____
Lunch meat and salad	_____ & _____	_____ & _____
Snack _____	_____	a bowl of fruits
Dinner _____	grains and vegetables	a cup of pasta and a cup of vegetables
Dessert ice-cream	milk	a cup of ice-cream
Exercise played football	-	_____
Sleep	-	Slept for 10 hours

Recall and write your healthy log for yesterday.

Breakfast	Lunch	Snack
Dinner Dinner Dessert	Exercise	Sleep

Write your health Log.

My Health Log

Yesterday I had _____ for breakfast.

For lunch I had _____ and _____.

After PdPr, I _____ for one hour. In the

afternoon , I had _____ . For dinner, I

had _____ and _____. I had some

_____ for dessert . At night I slept for 10

hours. Yesterday was a healthy day!