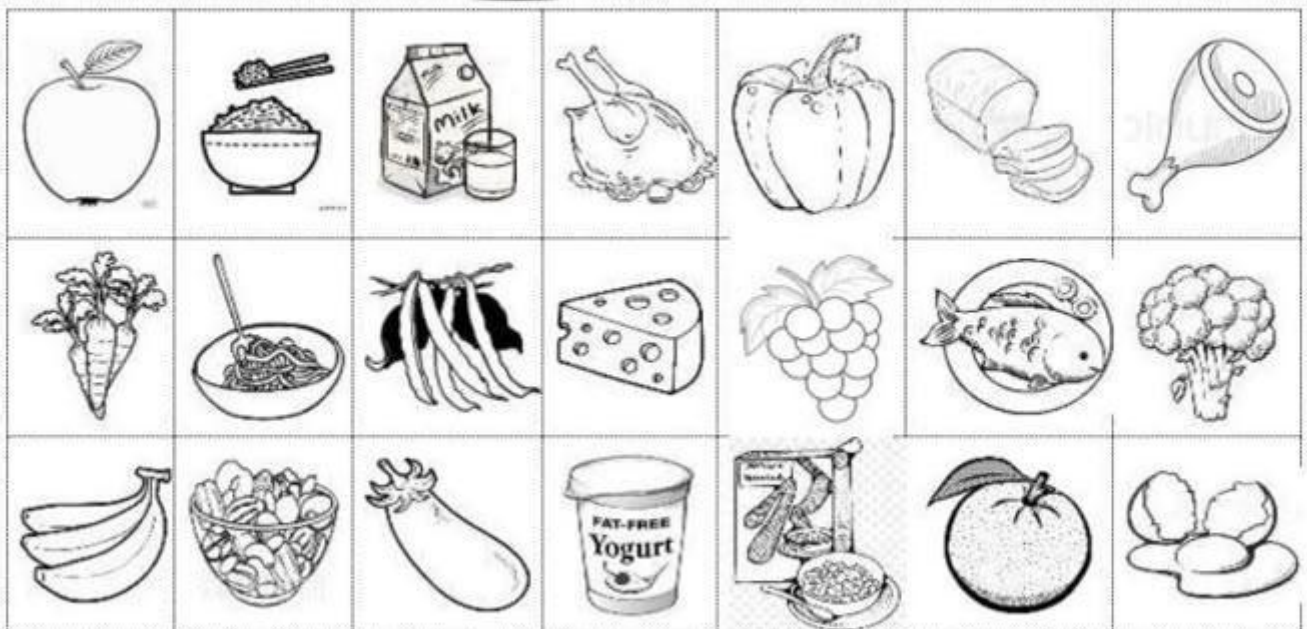
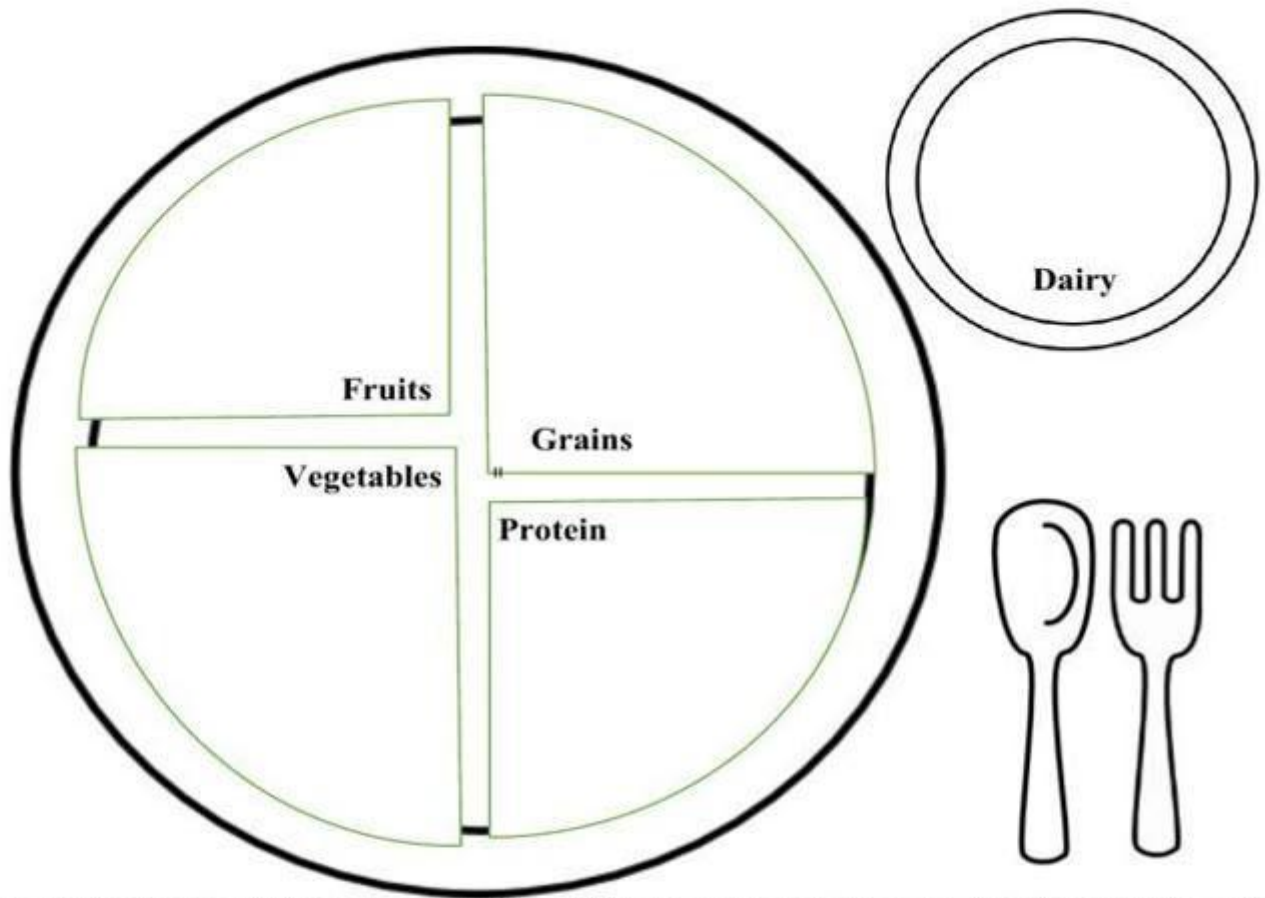


A HEALTHY PLATE

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 _____



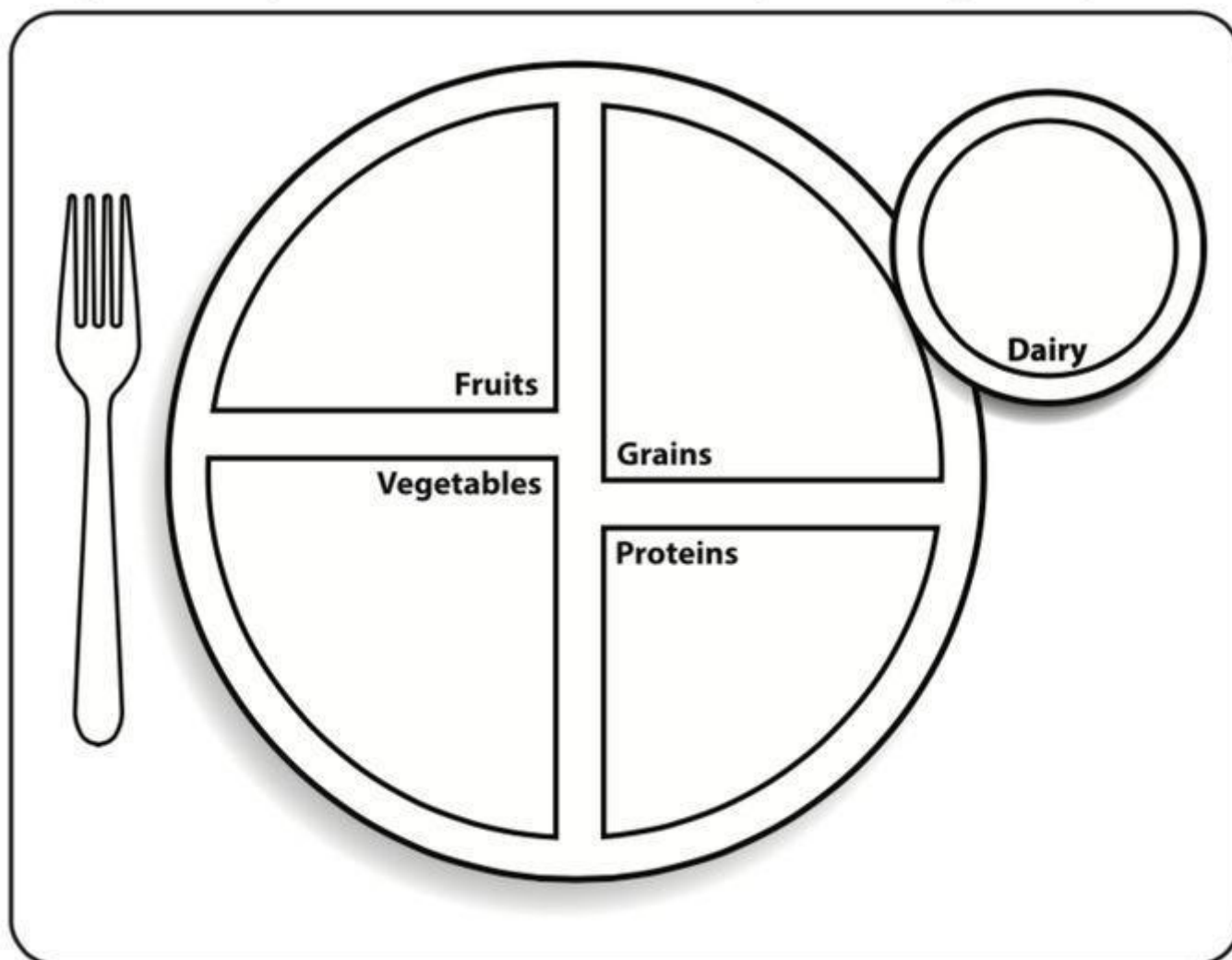
Lunch Time: Fill Your Plate!

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
Apple Orange Pear Grapes Bananas Peach Berries	Onion Carrot Cauliflower Lettuce Spinach Peas Broccoli	Rice Bread Pasta Oats Cereal	Fish Meat Chicken Eggs Beans Nuts	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.



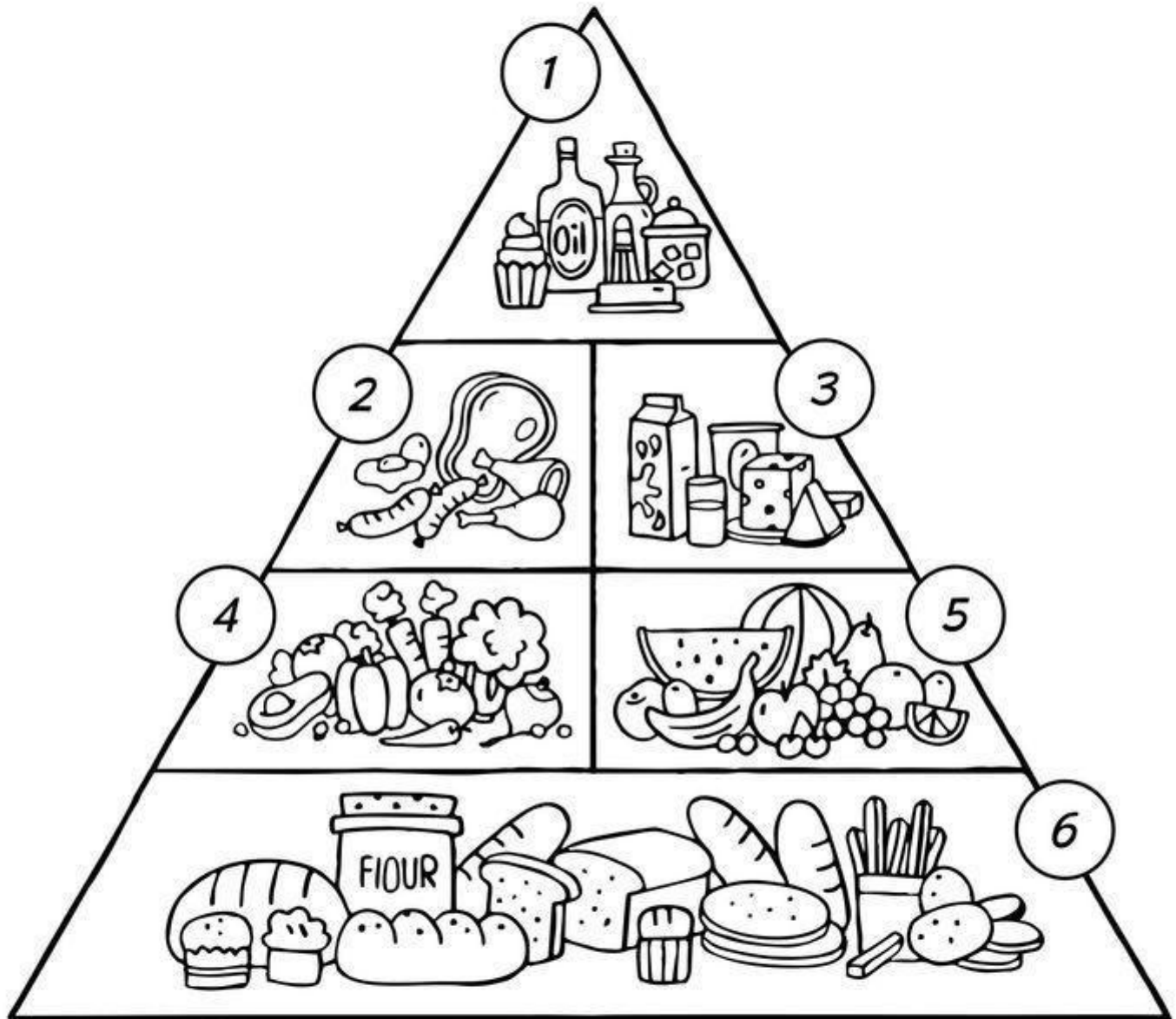
<https://www.choosemyplate.gov/>

Name: _____

Date: _____

FOOD PYRAMID

Name the food groups below!



1. _____

4. _____

2. _____

5. _____

3. _____

6.  **LIVEWORKSHEETS**