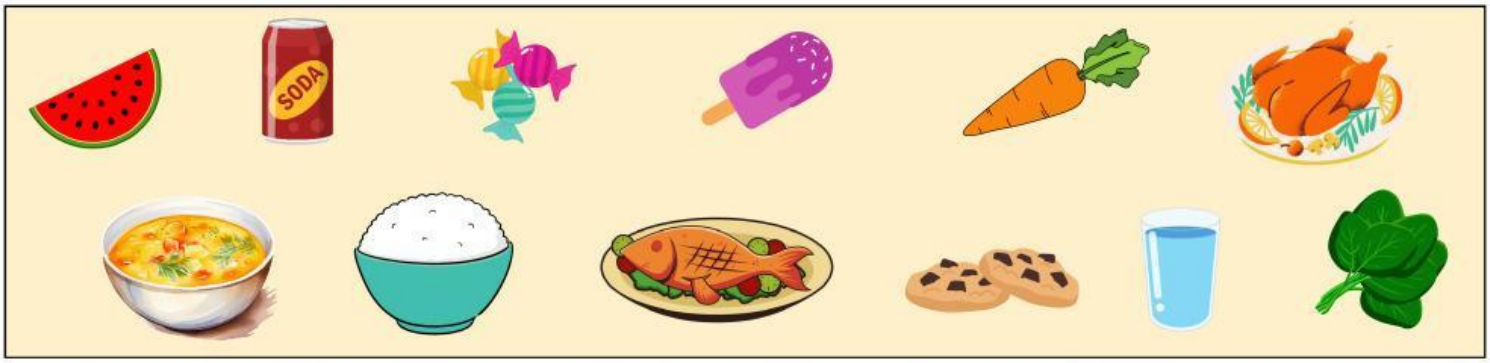
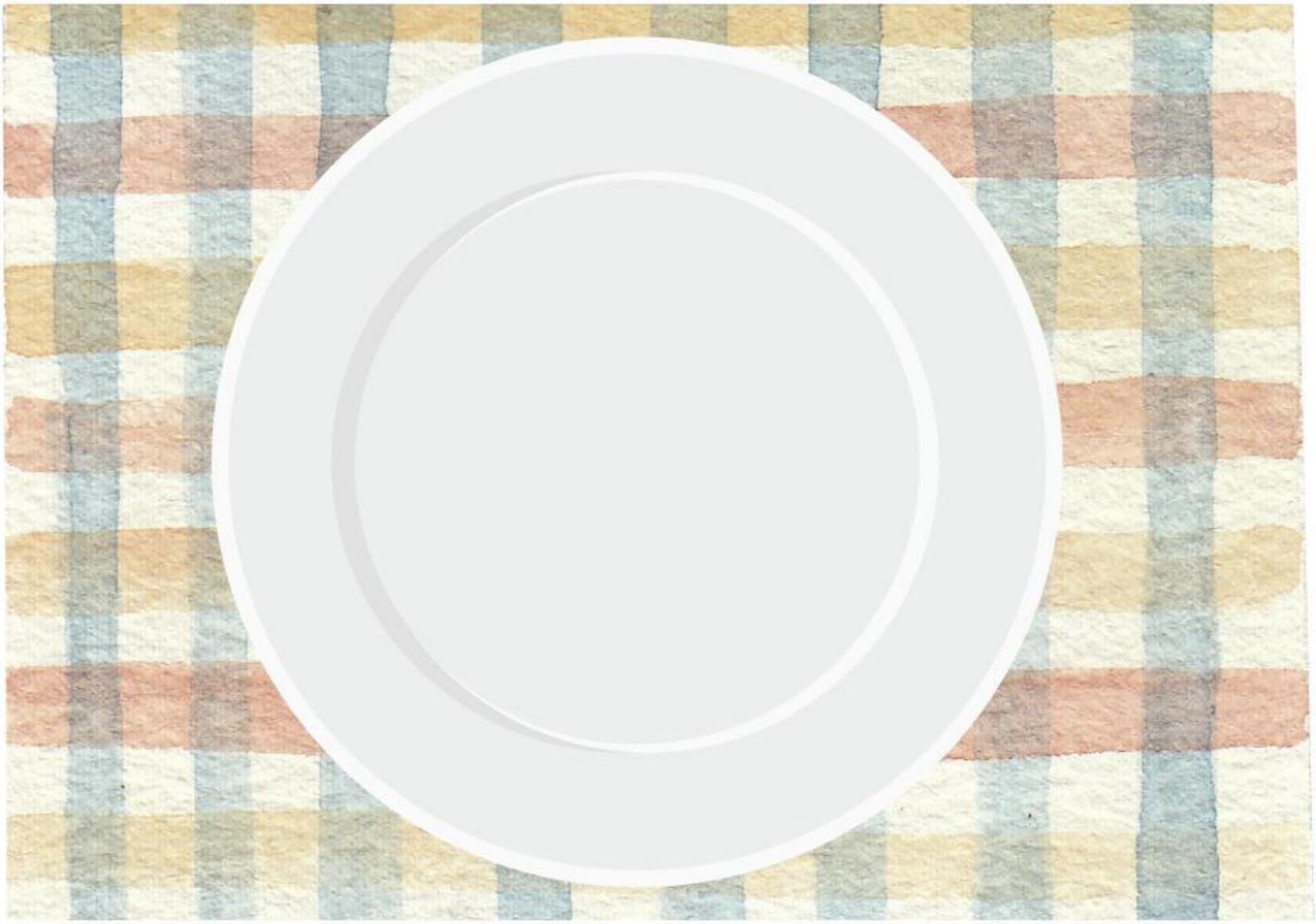
My Healthy Meal: LUNCH

Place the food that you want on the plate. Don't forget that a healthy meal is a balanced meal based on the food pyramid.





Do you think your meal is healthy? Explain why.

LIVEWORKSHEETS