



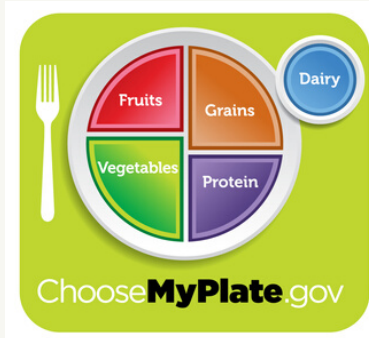
BUILD 3 MEALS AND 2 SNACKS: FILL IN THE BLANK

What makes up a healthy **meal**?

→ 3 or more food groups

What makes up a healthy **snack**?

→ at least 2 food groups, one being a Fruit or Vegetable



Directions: Fill in the blank to create complete meals and snacks.

Type of meal:	Foods:	# of food groups
Breakfast:	spinach + _____	_____
Snack:	cucumber + _____	_____
Lunch:	lettuce + _____	_____
Snack:	sliced apples + _____	_____
Dinner:	broccoli + _____	_____

How many different fruits and how many different vegetables did you add to your day?

Fruits: _____

Veggies: _____