

Meal and Snack Planning

Draw in healthy foods to create a balanced meal. Remember your daily portion sizes!
Compare your meals with the class to see all the different kinds of meals that are good for you!

- 1) Bread, Cereal, Rice & Pasta
- 2) Fruits & Vegetables
- 3) Meat, Poultry, Fish, Dry Beans, Eggs & Nuts
- 4) Milk, Yogurt & Cheese
- 5) Sweets, Fats & Oils

- 6-11 Servings
- 5 or more servings
- 2-3 Servings
- 2-3 Servings
- 0-2 Servings

