

NAME :

Making Healthy Choices

Using small food pictures, plan a healthy meal and a healthy snack. Cut out pictures and paste them onto this page under the name of the food group to which they belong.



MEAL:

Milk Products	Vegetables & Fruit	Grain Products	Meat & Alternatives	Other Foods

SNACK:

Milk Products	Vegetables & Fruit	Grain Products	Meat & Alternatives	Other Foods