

The Doctor Says

Name _____

Just as you need a variety of activities in your life, you also need a variety of foods from each of the five food groups to stay healthy. Keep in mind the tips offered on the Kid's Healthy Eating Plate and Eat Well & Keep Moving Fortune Teller when you plan meals and snacks for your friends.

Directions

Help Mr. Lee, Susan, and Shawn learn about foods that will benefit their health by completing the following exercises.

1. Plan a lunch menu for Mr. Lee for the next workweek that includes a variety of healthy foods from each of the food groups. You can decide whether he takes his lunch from home or buys it at a store or restaurant.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

2. Choose five snacks from table 1.3 that Susan could eat that would be better for her than candy.

TABLE 1.3 Susan's Snack Choices

Doughnut	Doritos	Apple
Sparkling water with a splash of 100% fruit juice	100% whole-wheat bagel	Grapes
Chocolate chip cookies	Gatorade	Whole-grain crackers
Soda	Unsalted or lightly salted nuts	Plain yogurt
Peach	Banana	Mozzarella cheese stick
Twinkies	Kool-Aid	Peanut butter
Whole-grain cereal	Carrot sticks	Raisins

3. List some healthy food choices Shawn should consider for his weekend breakfast.

4. Now that you know about the Principles of Healthy Living, what are two things you can do to be healthier?
