

# Fueling Up the Body

My name: \_\_\_\_\_

Other group members: \_\_\_\_\_



## Directions

As a group, pick an athlete or a very active person who needs a lot of energy. You do not have to pick a star athlete; the person can be someone's friend or family member. Next, plan a day's menu for the person. Remember to choose a lot of healthy whole-grain foods as well as a variety of other best-choice foods from each food group. As someone with an active lifestyle, this person will follow the Principles of Healthy Living.

Person's name: \_\_\_\_\_

**Breakfast**

**Lunch**

**Snack**

**Dinner**

**Snack**

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).