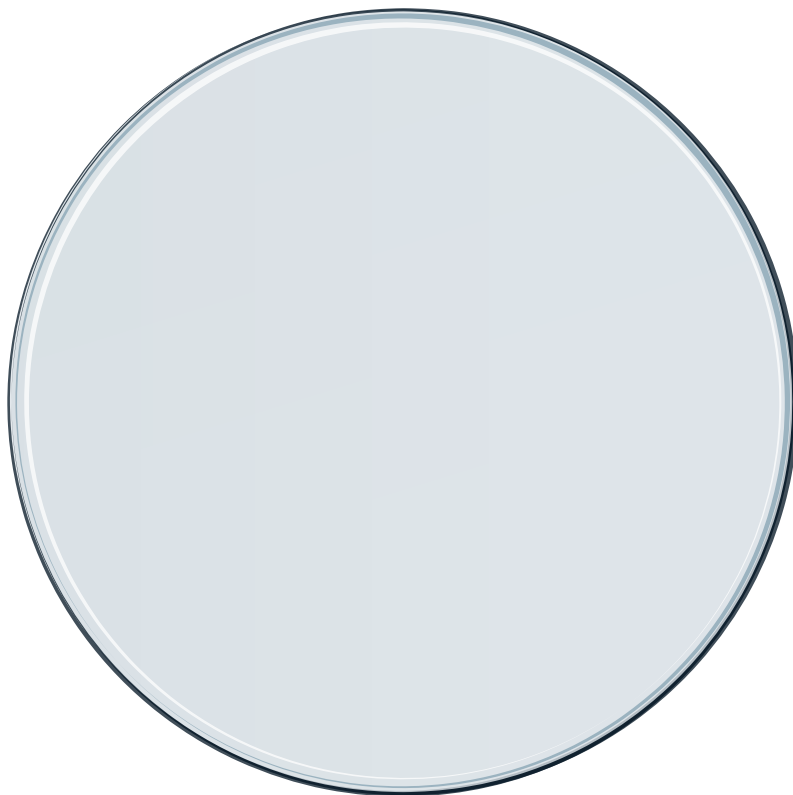


Now You Create a Balanced Meal!

Name _____

Directions

Create a balanced meal that you would enjoy. Draw and label some healthy foods in the space below. (Hint: Use the Kid's Healthy Eating Plate as a guide.)



What's on your plate?



What's in your cup?

Mark the appropriate box to answer Yes or No to the following questions:

TABLE 4.3 Did You Meet the Healthy Living Goals?

	Yes	No
Did you include foods with healthy fat?		
Did you include whole grains?		
Did you include sugary drinks or foods with added sugar and sweets?		
Did you include fruits or vegetables?		

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).

List the foods you chose, and write down the nutrients that each food provides. Remember that these nutrients come from the healthiest choices in each food group. If a choice on your plate doesn't meet the healthy living goals, list a different food that will provide you with the most nutrients.

TABLE 4.4 Is Your Plate Balanced With Best-Choice Foods?

Food group	Your food choice	Nutrients the food gives you
Grains		
Fruits		
Vegetables		
Protein		
Dairy		

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).