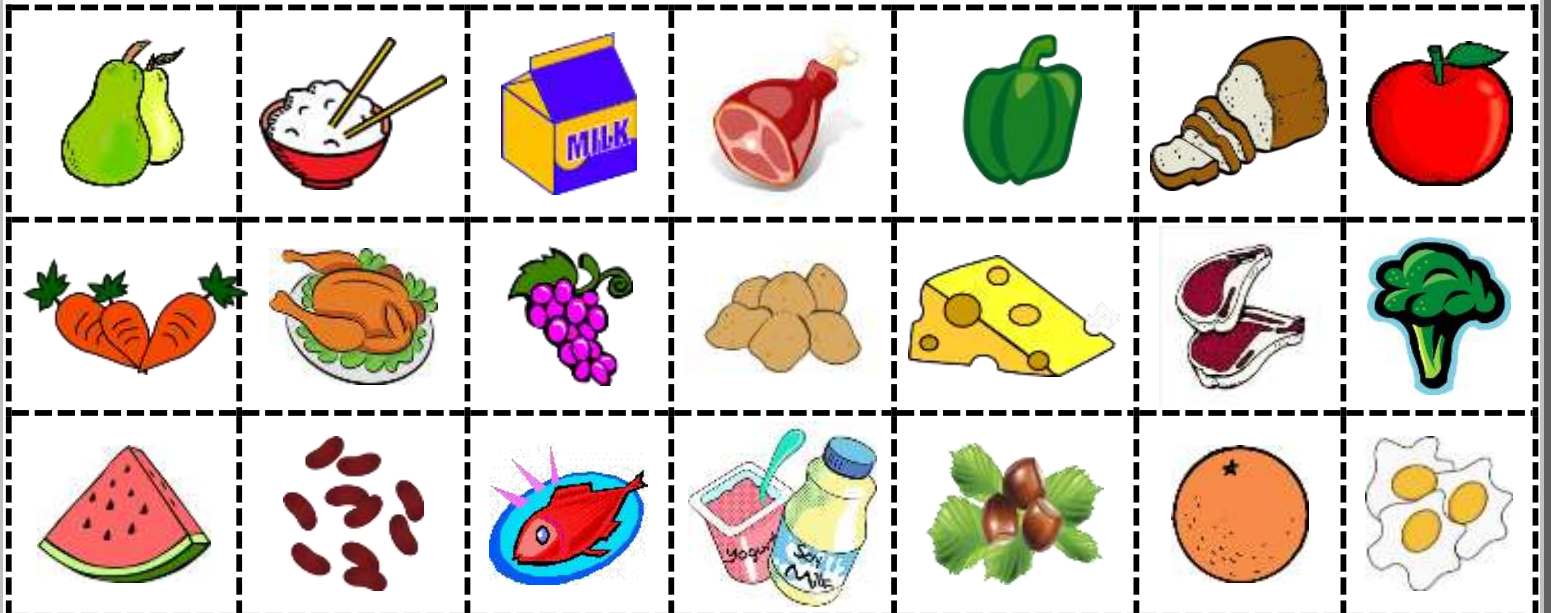
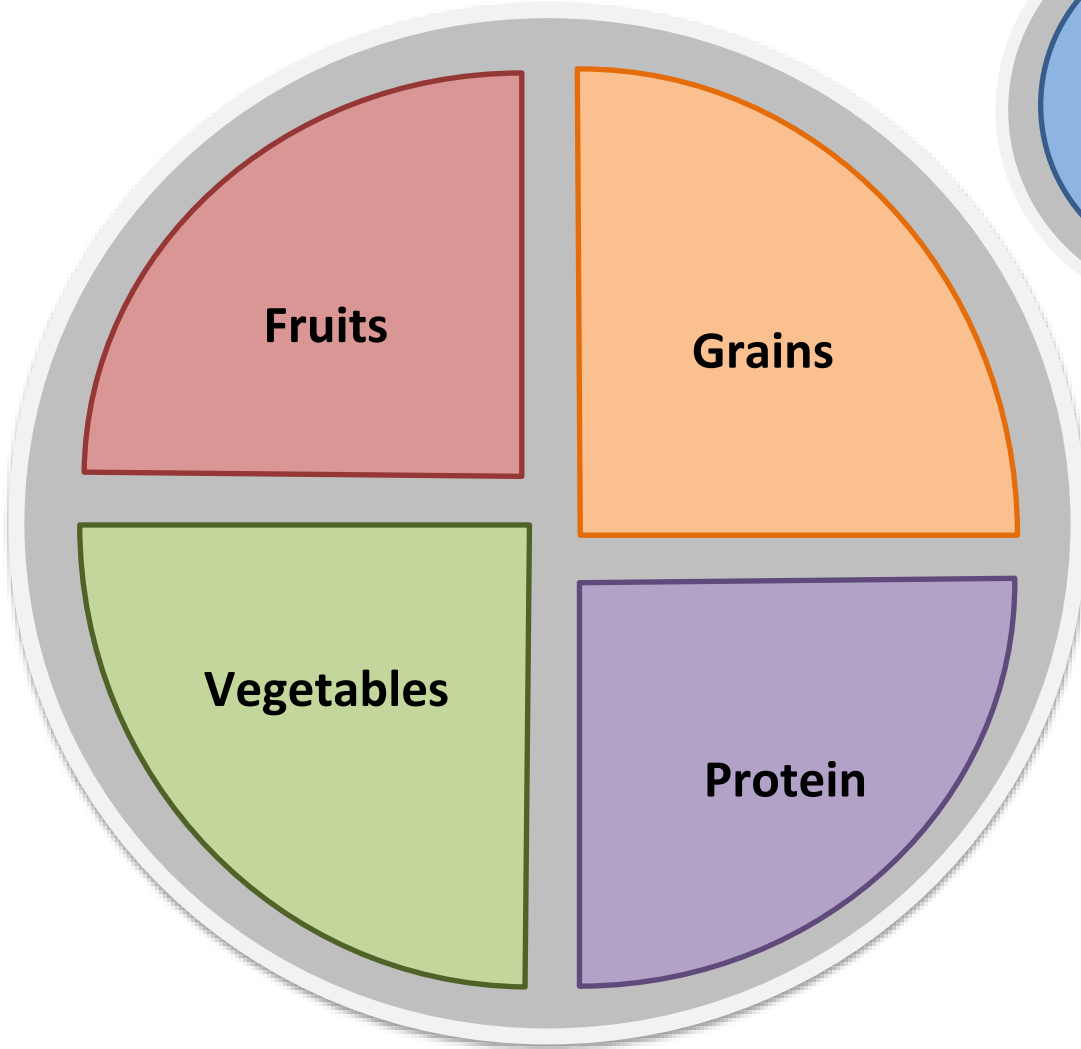


Name: \_\_\_\_\_

# WHAT'S ON MY PLATE?

Cut out the pictures below and paste them on your plate to create a healthy and complete meal.



Name: \_\_\_\_\_

# Healthy Foods

Cut out pictures of your favorite foods and glue them in the correct category.

Fruits	Vegetables	Grains	Protein	Dairy

# Example

Healthy Foods Worksheet completed with cut outs from magazines.

Name: \_\_\_\_\_

Innovative Teacher 

## Healthy Foods

Cut out pictures of your favorite foods and glue them in the correct category.


Fruits	Vegetables	Grains	Protein	Dairy
				
				
				
				



# Example



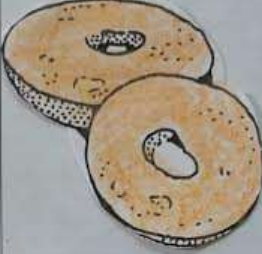
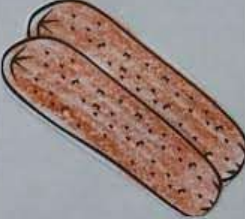






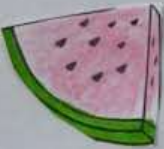


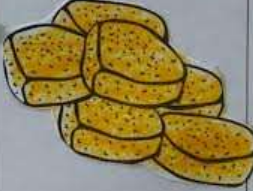


Healthy Foods Worksheet completed with food clipart included.

Name: \_\_\_\_\_

Innovative Teacher 

## Healthy Foods

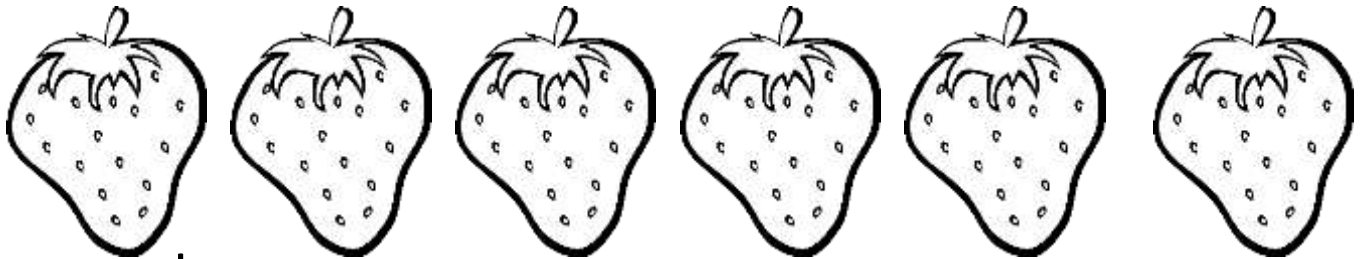
Cut out pictures of your favorite foods and glue them in the correct category.

Fruits	Vegetables	Grains	Protein	Dairy
				
				
				
				

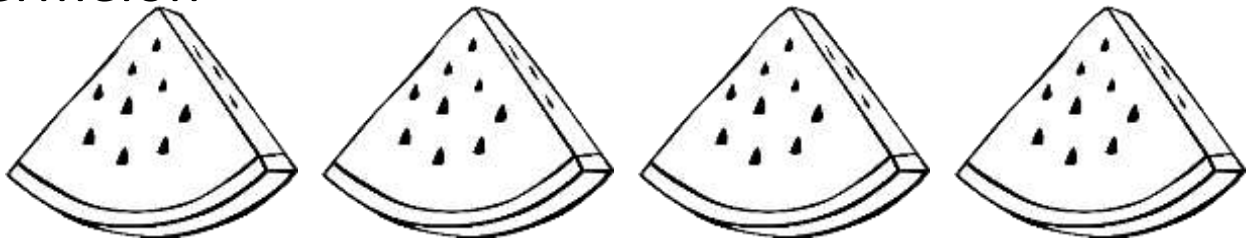


# Food

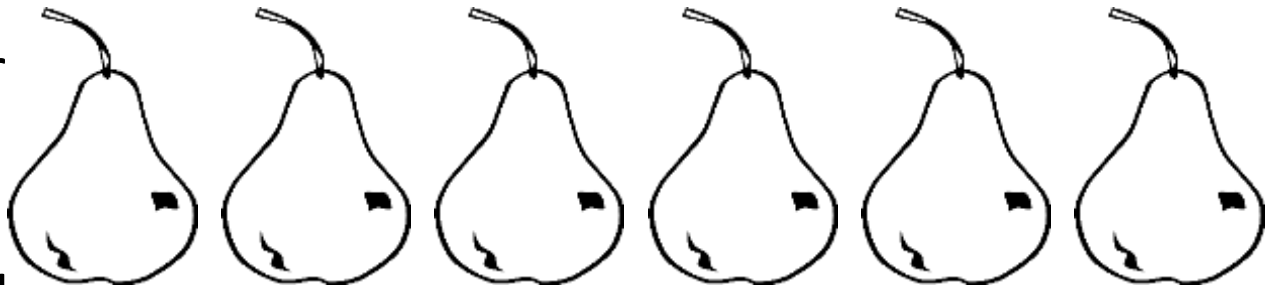
Strawberry



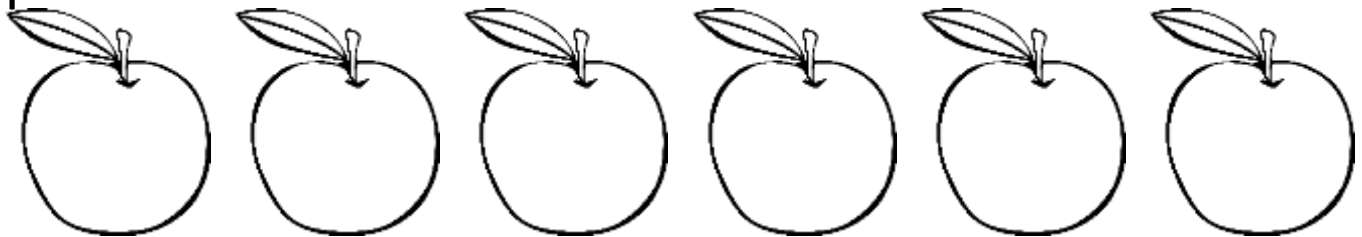
Watermelon



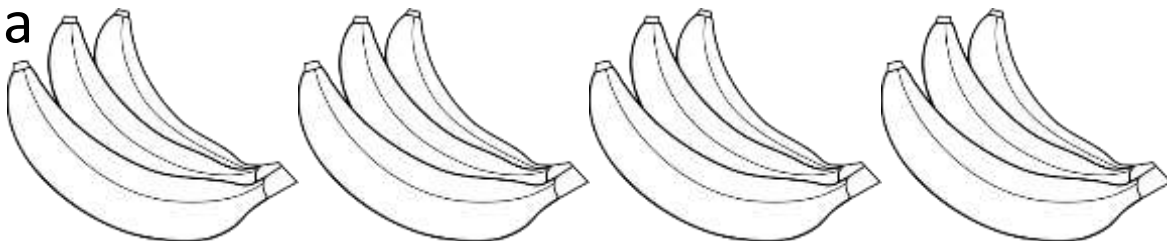
Pear



Apple



Banana



Grape



# Food

Corn



Carrot



Pea



Broccoli

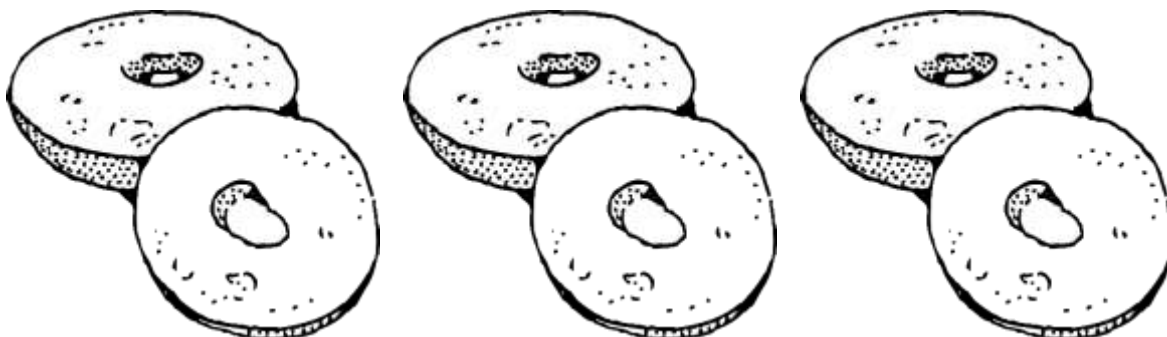


Bell Pepper

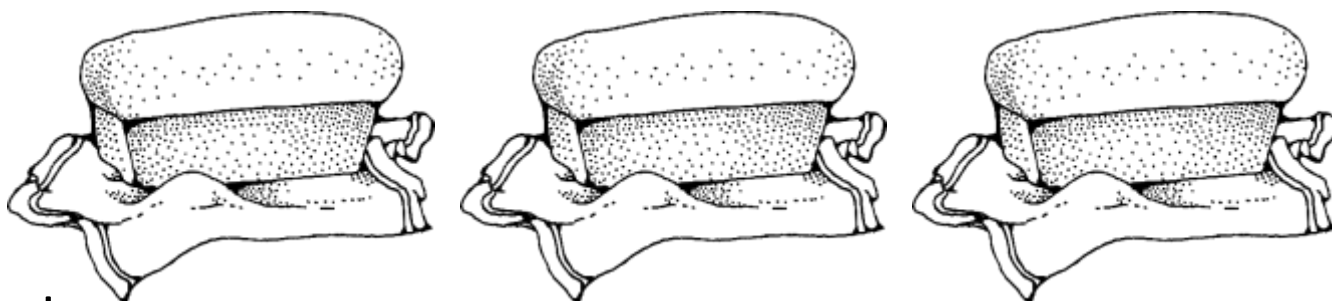


# Food

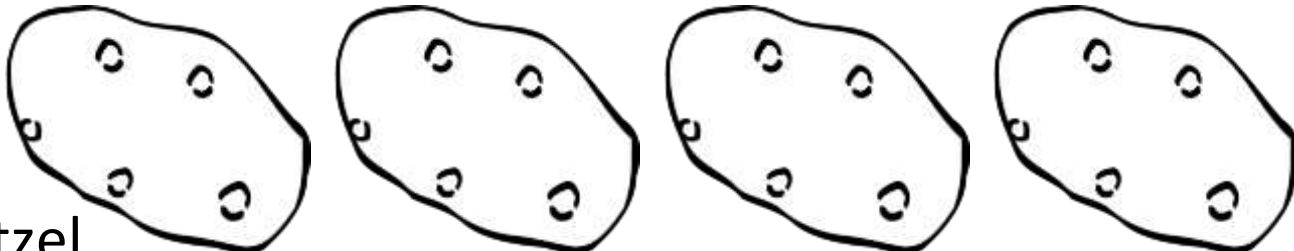
Bagel



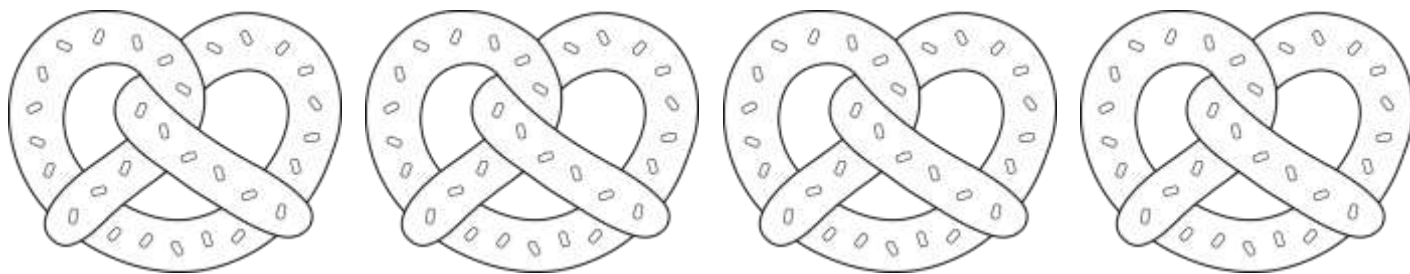
Bread



Potato



Pretzel

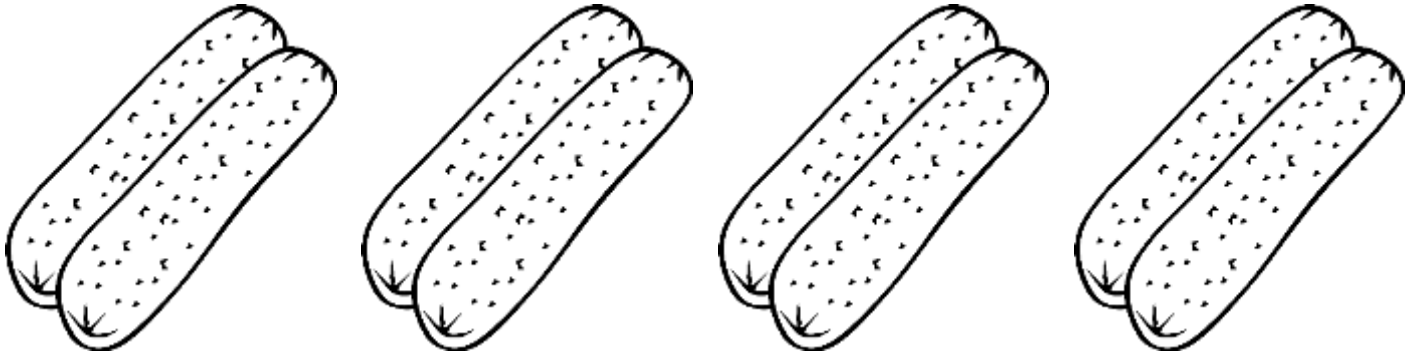


Rice



# Food

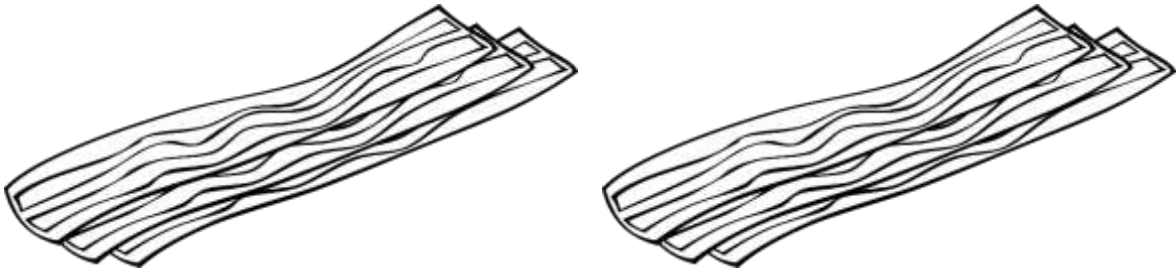
Hot Dog/Sausage



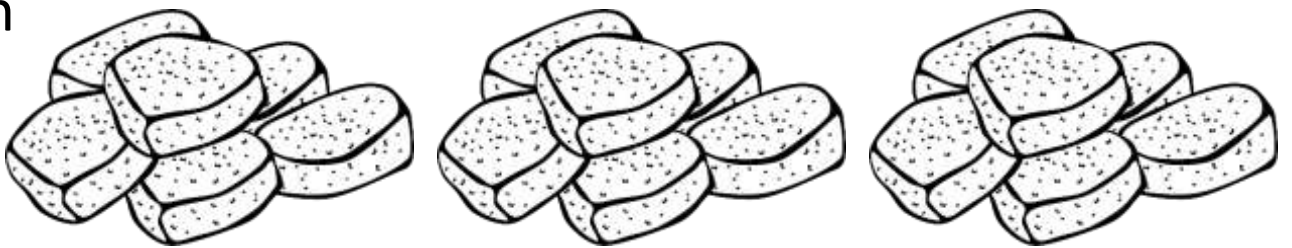
Egg



Bacon



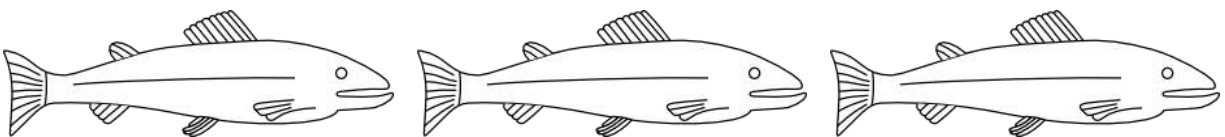
Chicken  
Nugget



Bean



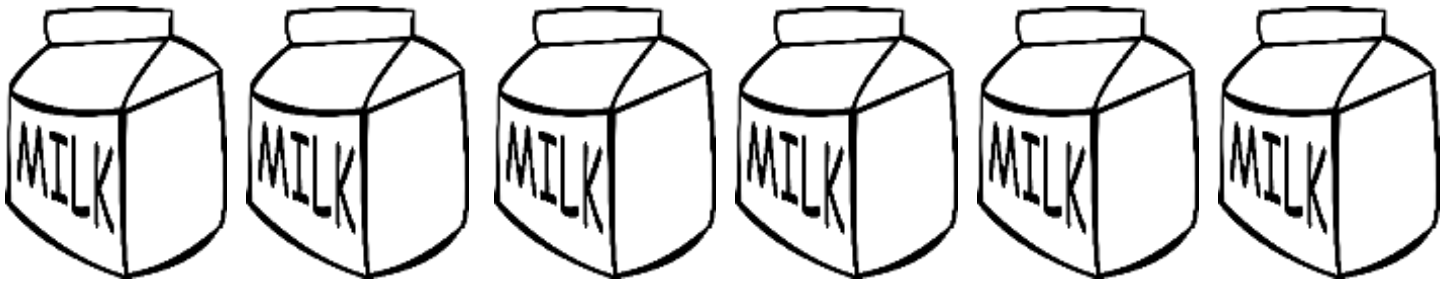
Fish



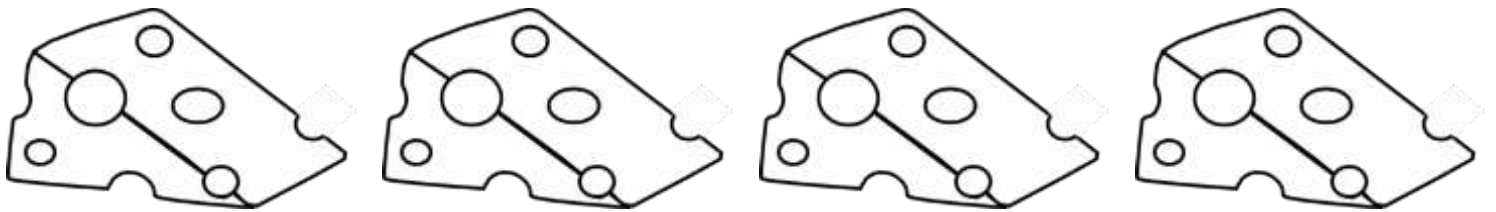


# Food

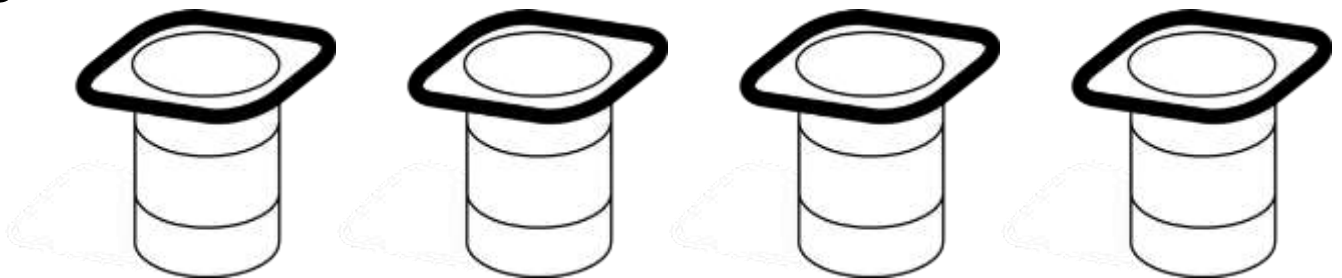
Milk



Cheese



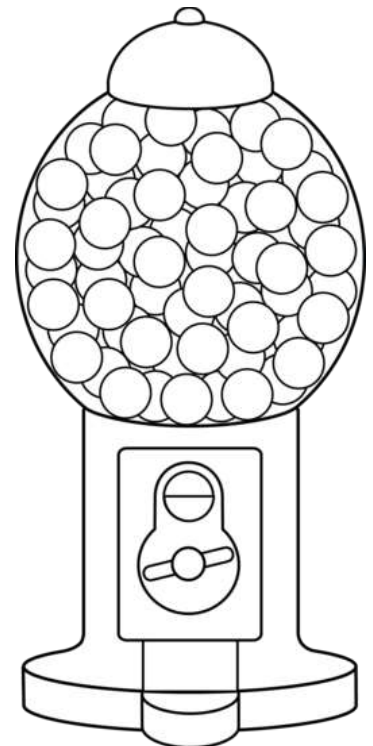
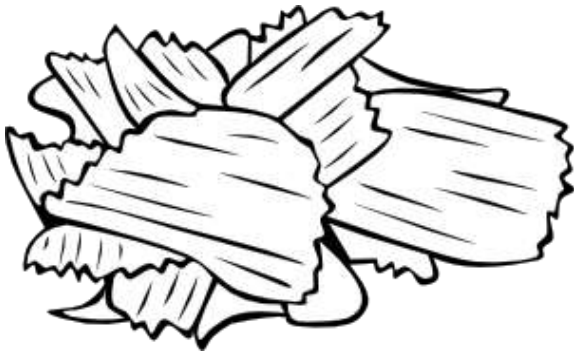
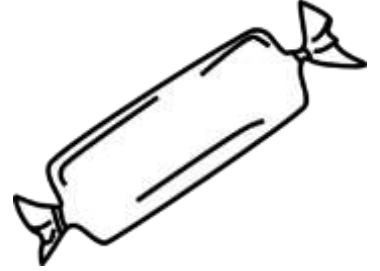
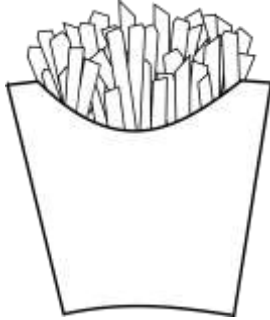
Yogurt



Name: \_\_\_\_\_

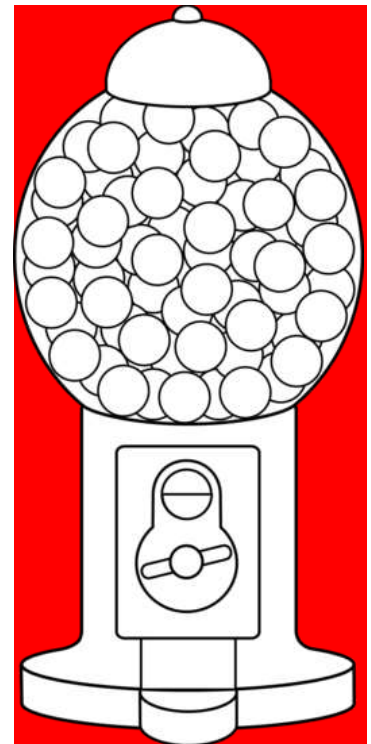
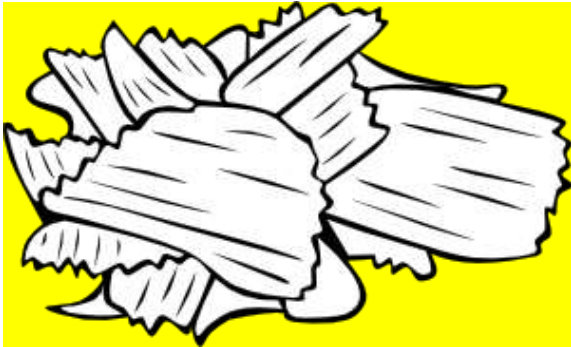
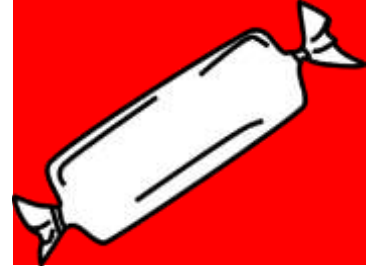
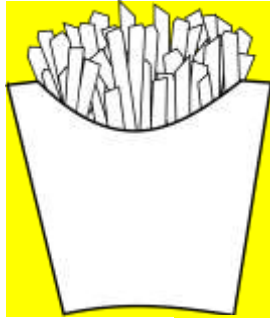
# Unhealthy Foods

Color the foods that are high in sugar red. Color the food that are high in fat yellow.




# Unhealthy Foods

## Answer Key



Name: \_\_\_\_\_

# Foods To Try

Innovative Teacher 

Try these foods and tell me if you liked them. Return this sheet by: \_\_\_\_\_

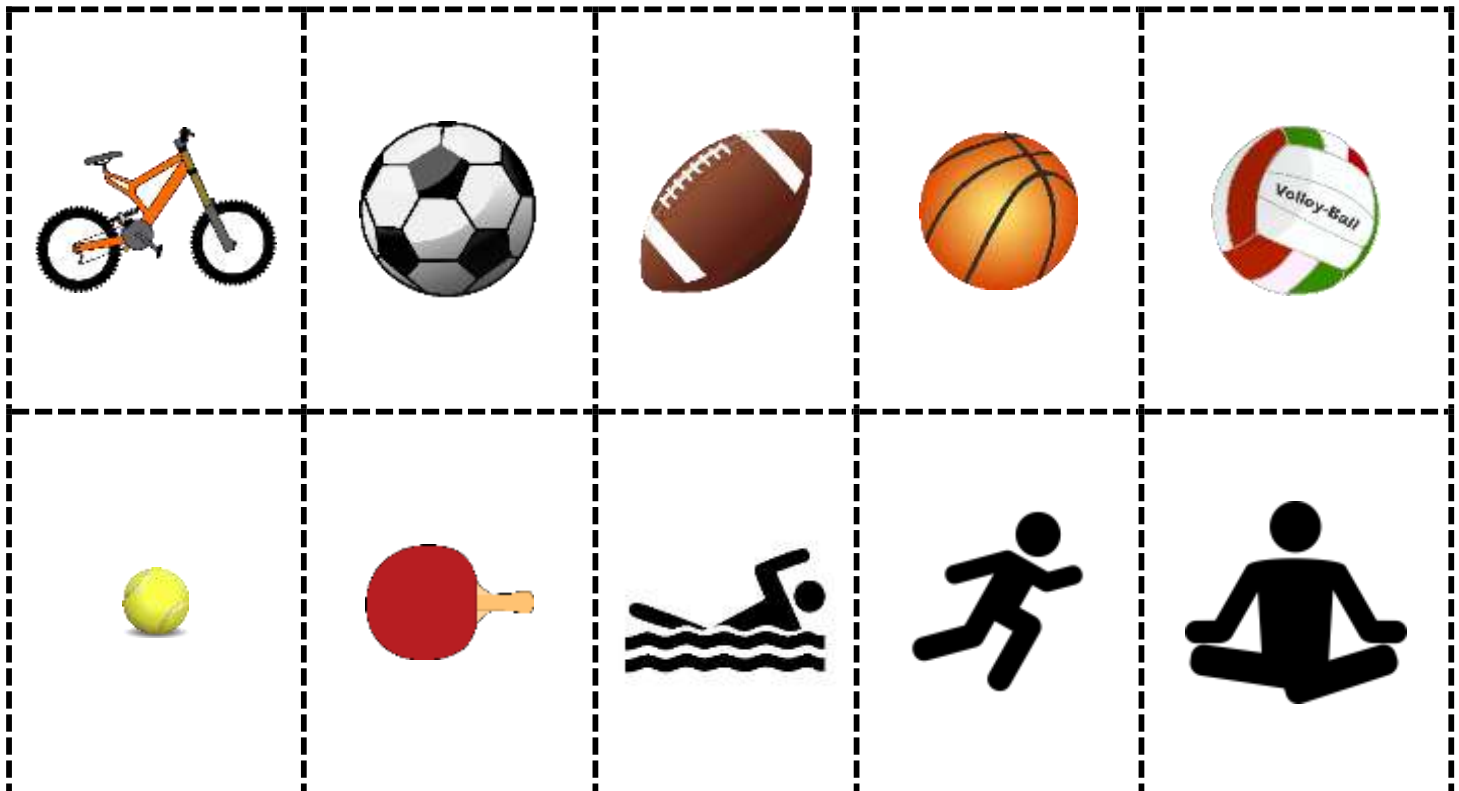
Foods	Tried It	Did Not Try It	Liked It	Did Not Like It
Apricot				
Avocado				
Asparagus				
Beets				
Brussels Sprouts				
Cabbage				
Celery				
Grapefruit				
Kale				
Kiwi				
Onion				
Peas				
Radish				
Spinach				
Tomato				
Zucchini				
Other:				

How many new foods did you try? \_\_\_\_\_ How many did you like? \_\_\_\_\_

Name: \_\_\_\_\_

# Active Life

What do you like to do to keep active and healthy? Draw or glue pictures in the box below to show how you keep active and healthy.

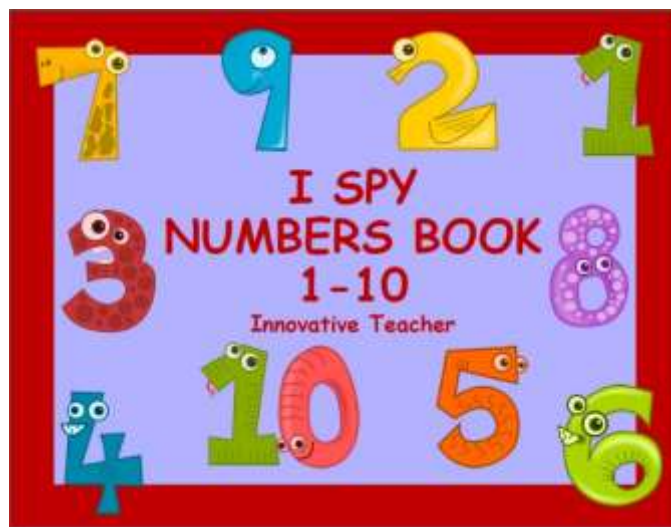
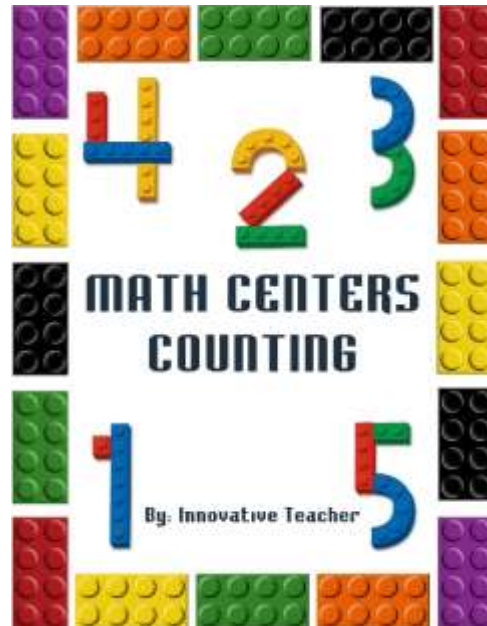
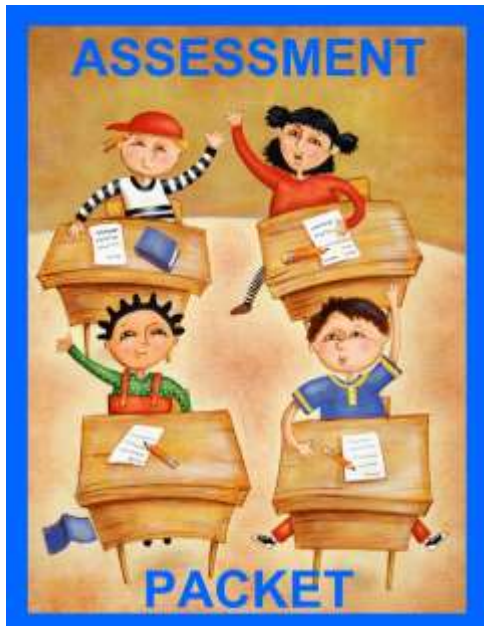


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