

BUILD A BALANCED LUNCH

Let's build a balanced lunch! Pack this reusable lunch bag with nutritious food from all 5 food groups.

First, write your name on the bag. Next, in the boxes, draw pictures or write the names of lunch foods from each group.



Don't forget recess! Take 15 minutes before or after your lunch to get some fun physical activity! What did you do for recess today?

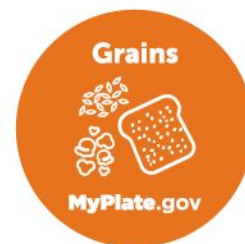
Fruit

Vegetable

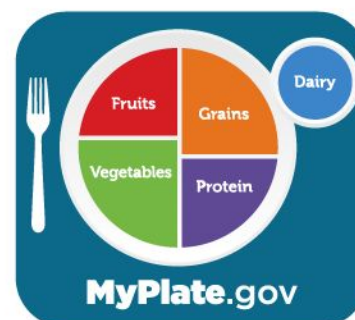
Grain

Protein

Dairy



Activity Name	Activity Time



BUILD A BALANCED DINNER

Let's build a balanced dinner!
Fill your plate with nutritious food
from all 5 food groups.

First, write your name on the line.
Next, in the boxes, draw pictures or
write the names of foods from each
group.

Your Name

Dairy

Fruit

Grain

Vegetable

Protein

Fruits



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Vegetables



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Grains



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Protein

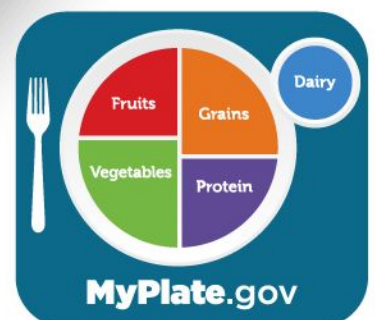


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Dairy



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FOOD GROUP FOOD LISTS (YUM!)

We started each list. Now add your favorite foods in each food group!
Don't forget the physical activity. List your favorite games and activities.



Fruits

Blackberries, Cantaloupe, Pineapple, Raisins, Red grapes



Vegetables

Broccoli, Celery, Collard greens, Green Pepper, Sweet potato



Grains

Brown rice, Corn tortilla, Oatmeal, Popcorn, Whole wheat bread



Protein Foods

Eggs, Hamburger, Pinto beans, Tofu, Tuna



Dairy Foods

Cottage cheese, Lowfat milk, Mozzarella cheese, Soy milk, Yogurt



Activities

Bike riding, Jumping rope, Swimming

