

Name _____

Date _____



Lunch Time: Fill Your Plate!

Check out the **Lunch!** video on the **Blazer Fresh** channel.

A healthy meal has a good mix of different foods including fruits, vegetables, grains, proteins, and dairy like the ones in the chart below.

Fruits	Vegetables	Grains	Proteins	Dairy
Apple	Onion	Rice	Fish	Milk
Orange	Carrot	Bread	Meat	Yogurt
Pear	Cauliflower	Pasta	Chicken	Cheese
Grapes	Lettuce	Oats	Eggs	
Bananas	Spinach	Cereal	Beans	
Peach	Peas		Nuts	
Berries	Broccoli			

Draw a picture of a healthy meal! Use foods from the chart or other foods you like to fill in the plate and cup.

