

Eat Nutritious Foods



Grades 3, 4, 5

Name _____



Name the nutritious food you are trying. _____

In what food group would this nutritious food belong? _____

Explain why this nutritious food is good for you. _____

If you were to create a healthy meal with this nutritious food, what would it consist of?

How would you incorporate this nutritious food into your daily diet? _____

Standard: Health: Grades 3, 4, 5 Strand 1: Personal Responsibility: (3) 1.3 Create a Healthy Meal in Different Ways. (4, 5) 1.2 Establish and Maintain Healthy Eating Practices

