Healthy Eating Choices

<u>Directions:</u> Circle all the healthy food choices. Then put an X through the unhealthy choices.

<u>Then</u>, on the next page create a healthy meal using some of the healthy ingredients above.
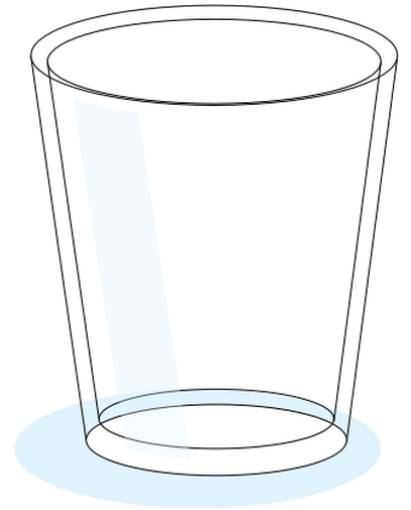
Name Your Meal: _____

Ingredients (What's in it?):

- _____

- _____

- _____

- _____

- _____

- _____

Draw It!