

Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher's Name \_\_\_\_\_



## "Healthy Eating" Activity

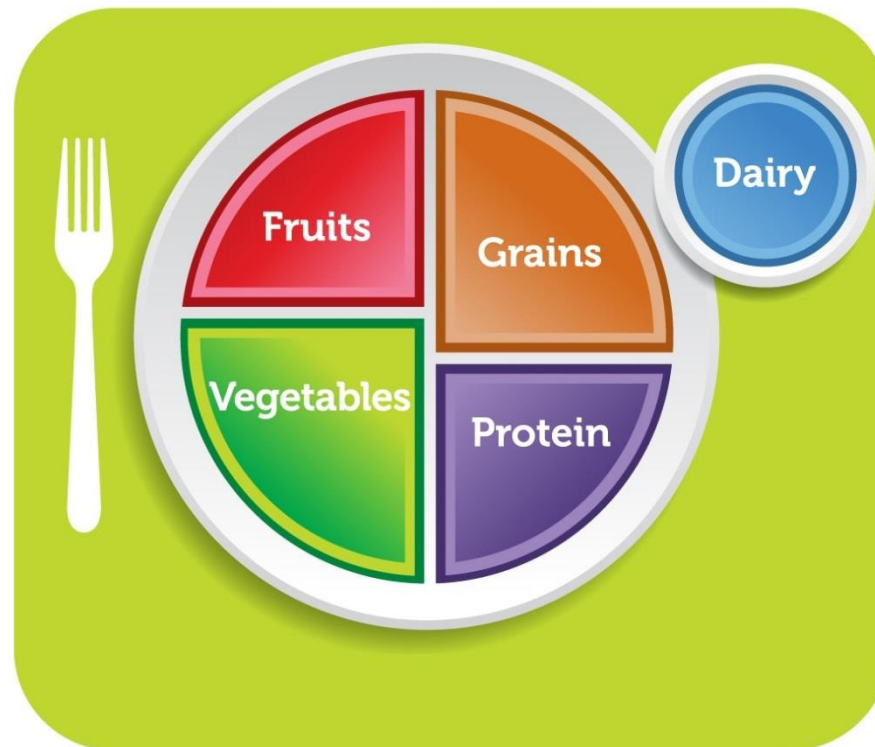
### What Foods Are You Eating?



Keep track of your foods and drinks for one week. Enter each food and drink into the blanks on the following pages.

Enter the actual foods and snacks that you are currently eating and not what you think you should be eating.

**Write in the date for each day and then complete your chart.**

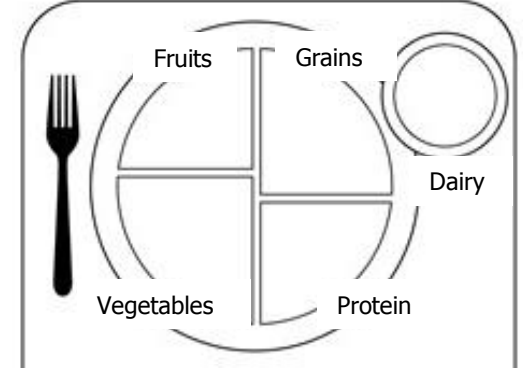
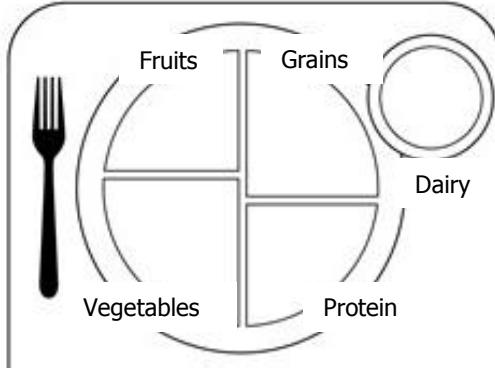
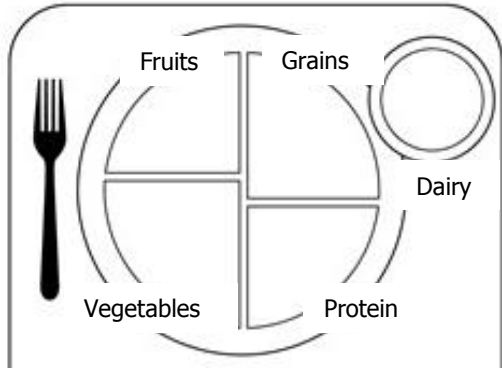


P.E. "Healthy Eating" Activity - Fill in the "My Plate" diagrams with what you have had for these meals for 9 days.

Date Sat. \_\_\_/\_\_\_/2020 Breakfast

Lunch

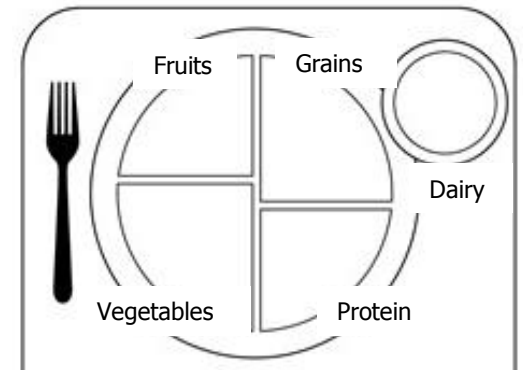
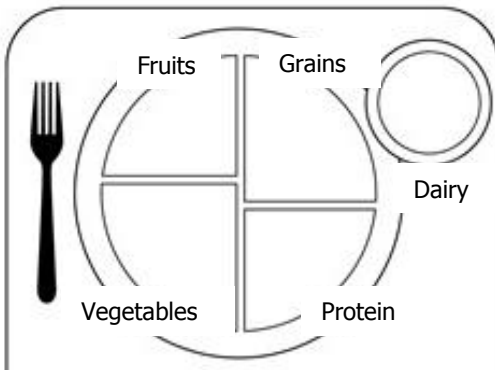
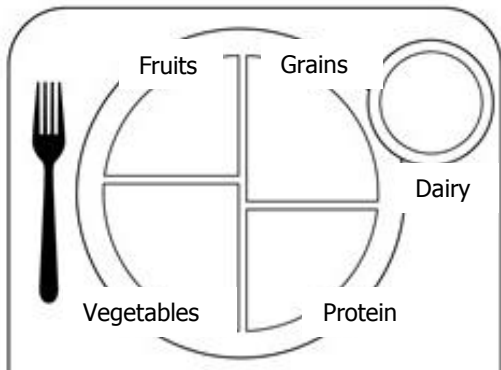
Dinner



Date Sun. \_\_\_/\_\_\_/2020 Breakfast

Lunch

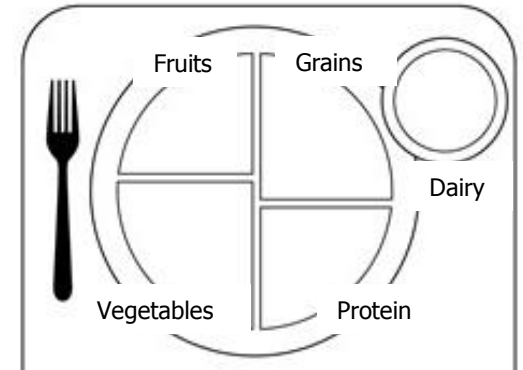
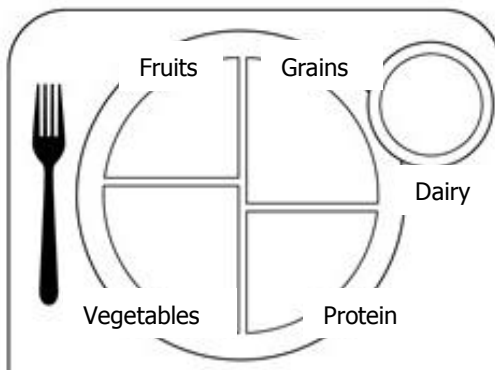
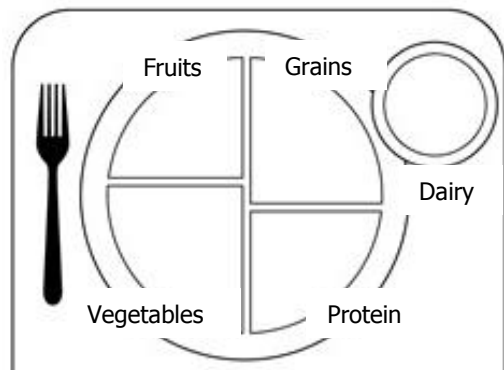
Dinner



Date Mon. \_\_\_/\_\_\_/2020 Breakfast

Lunch

Dinner



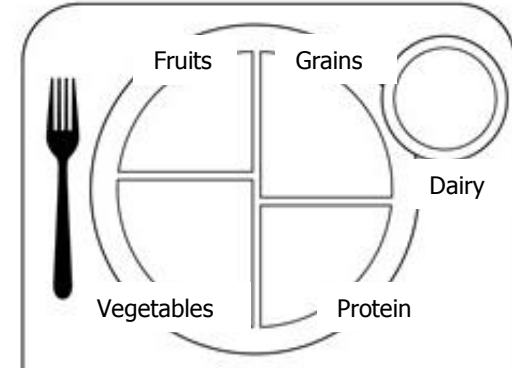
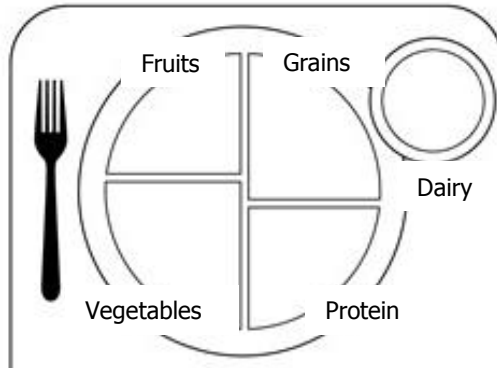
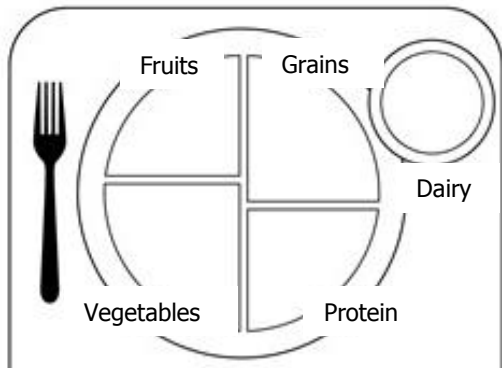
Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Date Tues. \_\_\_/\_\_\_/2020 Breakfast

Lunch

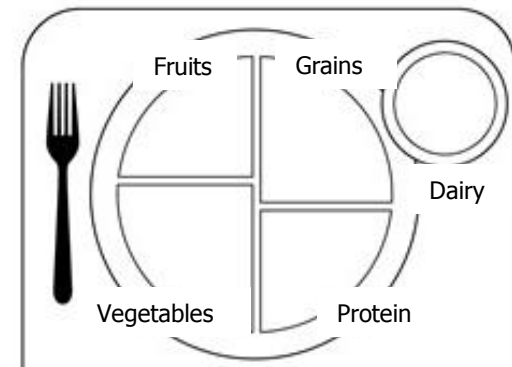
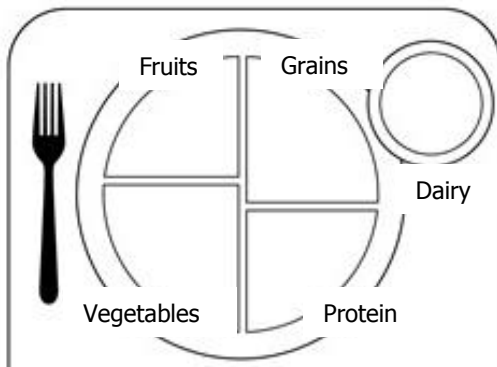
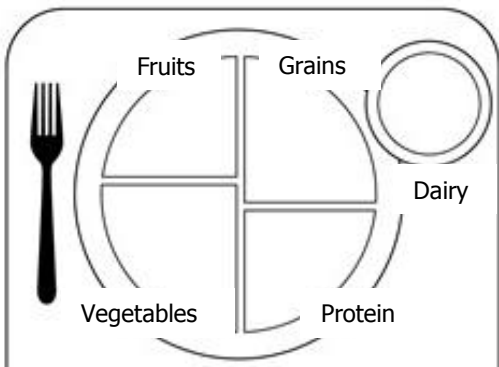
Dinner



Date Wed. \_\_\_/\_\_\_/2020 Breakfast

Lunch

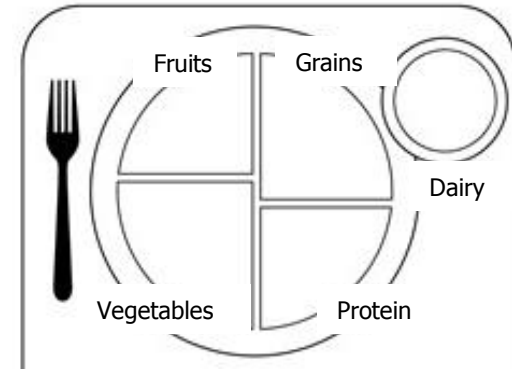
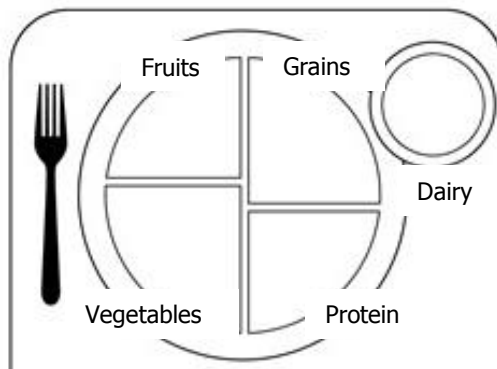
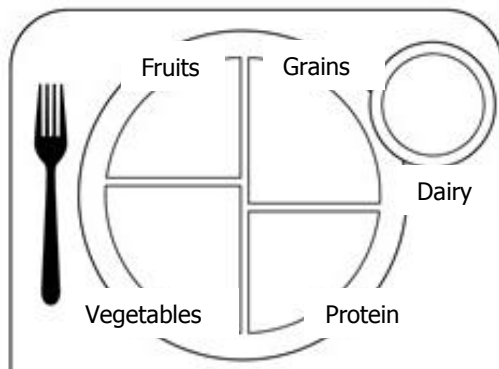
Dinner



Date Thurs. \_\_\_/\_\_\_/2020 Breakfast

Lunch

Dinner

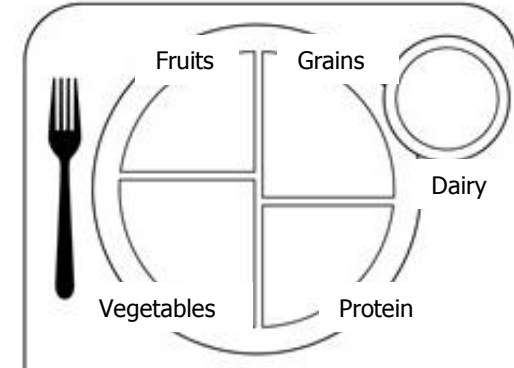
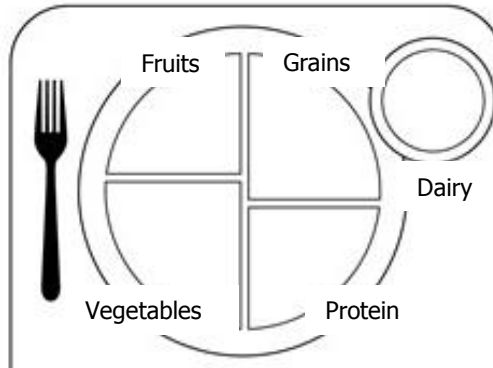
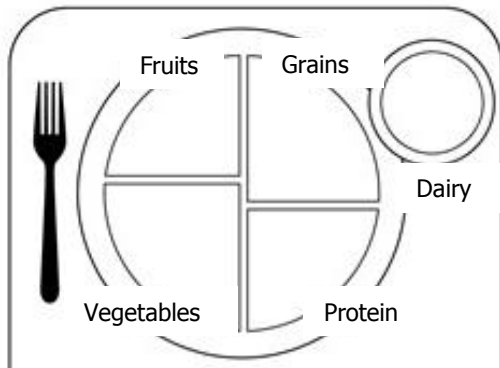


Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Date Fri. \_\_\_ / \_\_\_ 2020 Breakfast**

**Lunch**

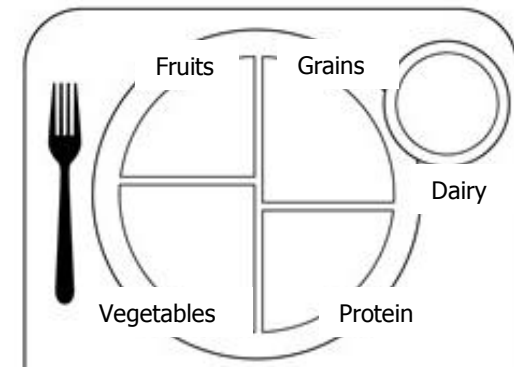
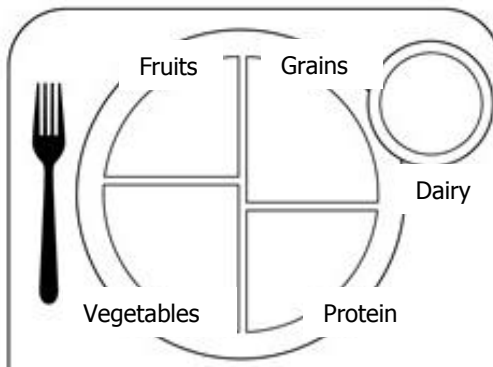
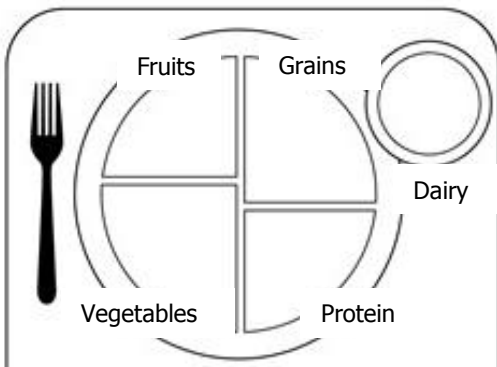
**Dinner**



**Date Sat. \_\_\_ / \_\_\_ 2020 Breakfast**

**Lunch**

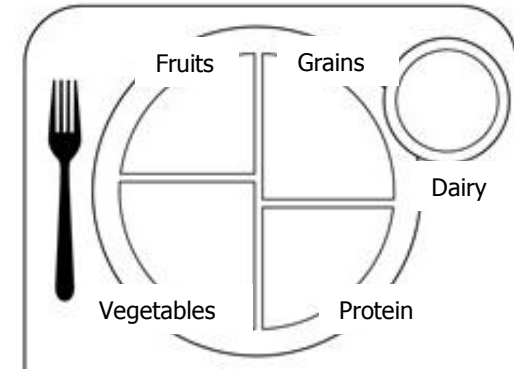
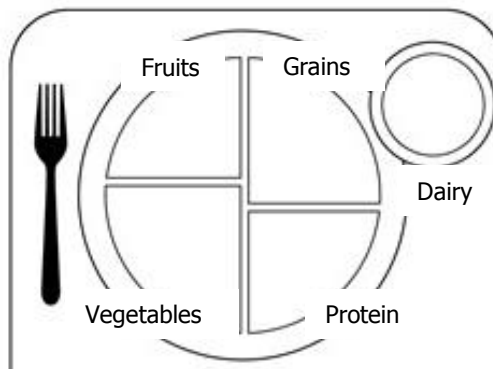
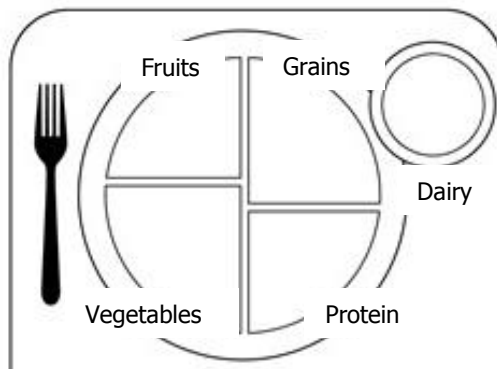
**Dinner**



**Date Sun. \_\_\_ / \_\_\_ 2020 Breakfast**

**Lunch**

**Dinner**



**Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_**