

NAME: _____



Activity Three

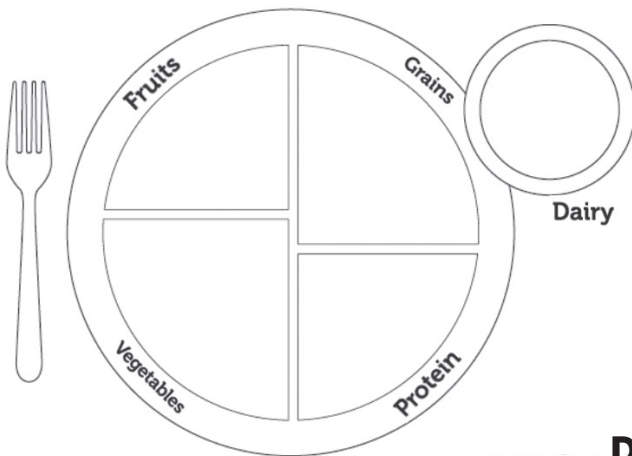
Healthy Meals



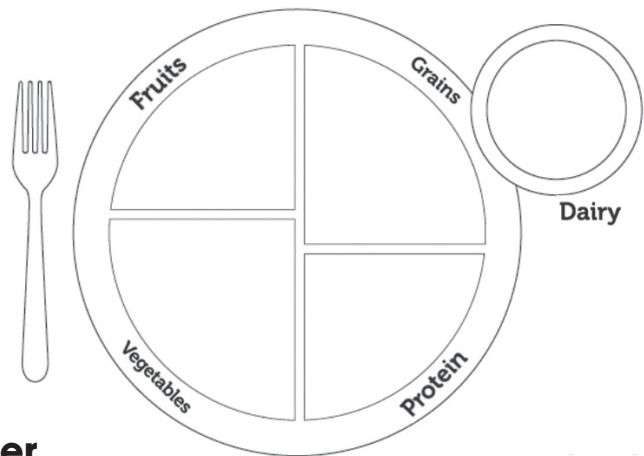
Mac shared a meal with Henry in his truck. Henry had his choice of food. He could eat a ham and cheese sandwich. He could of had chicken spread. He could have had tuna fish. He also could have eaten an apple, raisin cake, or milk. Mac's wife packed his lunch with healthy options!

Using the Five Food Groups, make a healthy breakfast, lunch and dinner for Henry to eat. Your meals should follow the five food groups. Tell how much water he should drink. Tell the amount of each food he can put on his plate.

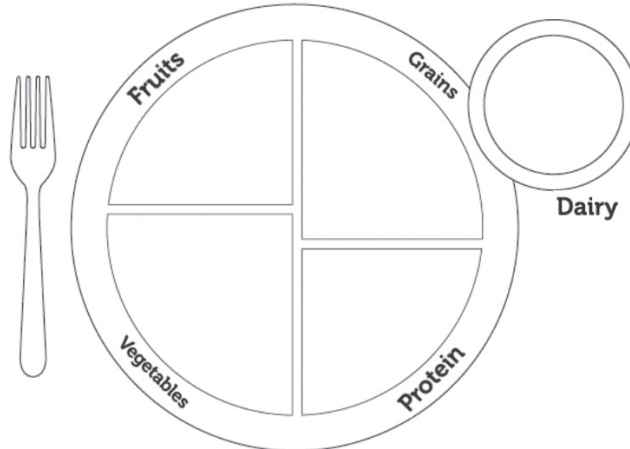
Breakfast



Lunch



Dinner



Creative Bonus: Transfer your plates above onto white paper plates. Draw what you chose for Henry to eat for breakfast, lunch and dinner on 3 separate plates.