

Food is Fuel



Eating Foods That Taste Good and Are Good for You.

It's lunch time in the school cafeteria. If you bring your lunch, what do you bring ?

If you get lunch in school, what do you choose to eat?

Circle what you drink in school and at home and when out with friends.

milk juice soda water

How many times a week do you eat candy?

How many times a week do you drink soda ?

How many times a week do you eat fruit?

How many times a week do you eat yogurt ?

How many times a week do you eat eggs?

How many times a week do you eat cookies?

How many times a week do you eat cheese ?

How many times a week do you drink milk ?

How many times a week do you eat meat?

How many times a week do you eat fish?

It's snack time! Use the back of this page to draw 3 healthy snacks that you like to eat.