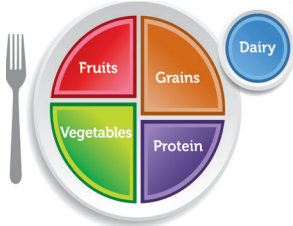


# HEALTHY MEAL PLAN

## 1. MY HEALTHY MEAL IS:



Choose **MyPlate.gov**

---

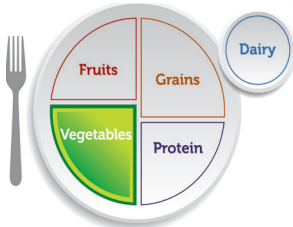
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## 2. THESE ARE THE VEGETABLES I NEED:



Choose **MyPlate.gov**

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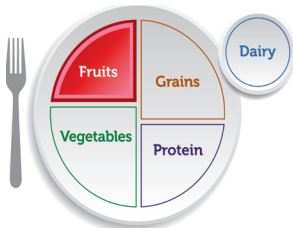
---

HOW MANY VEGETABLES DO YOU NEED?

I need: \_\_\_\_\_

---

## 3. THESE ARE THE FRUITS I NEED:



Choose **MyPlate.gov**

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---

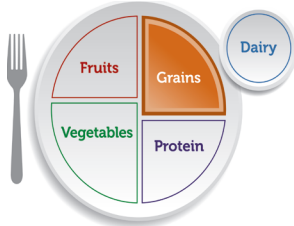
HOW MANY FRUITS DO YOU NEED?

I need: \_\_\_\_\_

---

# HEALTHY MEAL PLAN

## 4. THESE ARE THE GRAINS I NEED:



Choose **MyPlate**.gov

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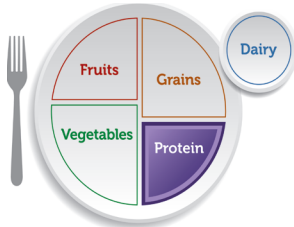
### HOW MANY GRAINS DO YOU NEED?

I need:

---

---

## 5. THESE ARE THE PROTEINS I NEED:



Choose **MyPlate**.gov

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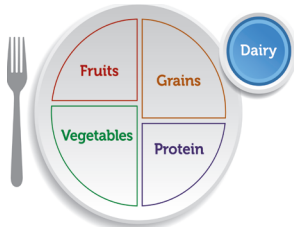
### HOW MANY PROTEINS DO YOU NEED?

I need:

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## 6. FROM THE DAIRY GROUP I NEED:



Choose **MyPlate**.gov

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---

### HOW MUCH DAIRY DO YOU NEED?

I need:

---

---

## 7. IS MY MEAL:

## 8. HOW HEALTHY IS MY MEAL?

Healthy | Unhealthy    Very Healthy | Kind of Healthy | Kind of Unhealthy | Very Unhealthy

## 9. WHAT I NEED MORE OF:

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PICTURE CARDS - UNIT 7 LESSON 1 HEALTHY EATING

7



7



7



PICTURE CARDS - UNIT 7 LESSON 1 HEALTHY EATING

7



7



7





PICTURE CARDS - UNIT 7 LESSON 1 HEALTHY EATING



PICTURE CARDS - UNIT 7 LESSON 1 HEALTHY EATING

