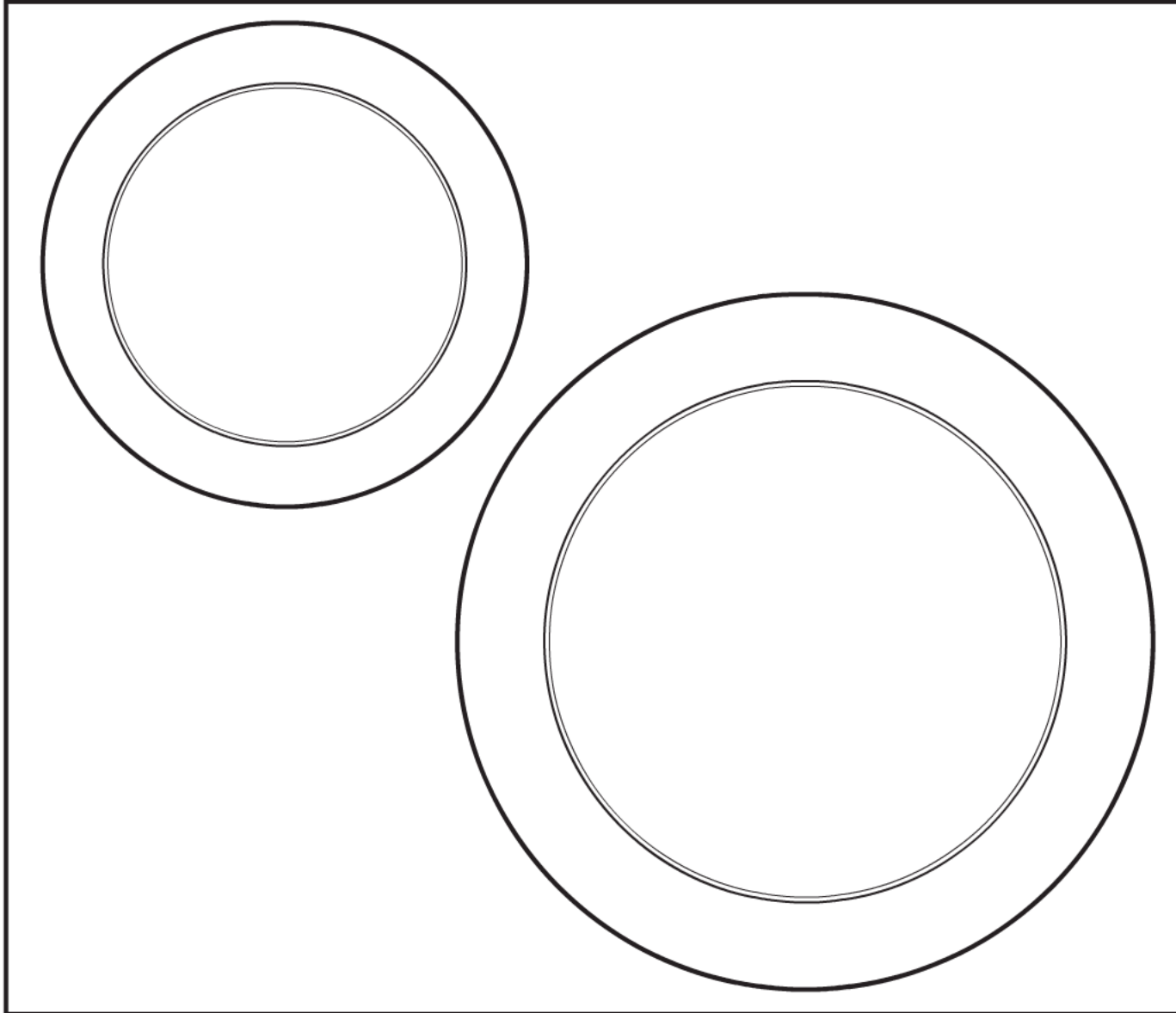


# Name \_\_\_\_\_

## Draw It

Make a Healthy Meal

Create a healthy meal. Draw and color foods on the plates. Be sure you have all five kinds of healthy foods. The words in the word box can help you think of foods.



### Word Box

**protein:** fish

eggs

chicken

**fruits:** apples

strawberries

**vegetables:** black beans

spinach

salad

carrots

**grains:** brown rice

tortillas

**dairy:** cheese

yogurt