



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a star!

Level 2

Name: \_\_\_\_\_

## What Does A Healthy Meal Look Like?

Healthy Habit of the Week:

Make half your plate fruits and vegetables at meal time

Key Points:

- A healthy meal contains all food groups: fruits, vegetables, dairy, grains, and proteins
- Remember, a **whole grain** is usually a darker color like brown rice or whole grain bread
- Also there are other healthy sources of protein besides meats like beans or nuts

### Build a Healthy Meal!

To have a healthy meal, we should have something from every food group.  
In each part of your plate, write or draw the **HEALTHY** food you would like to  
fill that section of your plate with.

