

Name _____

Date _____

Grade Level: 3rd — 5th Grade | Standard: ?

Plan a Healthy Day

Directions: Fill in the meal planner. Try to include all five food groups using the word bank below.

apple yogurt grapes milk brown rice
whole wheat bread black beans spinach chicken broccoli
carrots eggs cheese orange oatmeal

Meal	Food Options	Food Groups Covered
Breakfast		
Lunch		
Snack		
Dinner		



Did I include all five foods groups today? Check off each one:

- Fruits Vegetables Grains Protein Dairy

One food group I want to eat more of: _____