

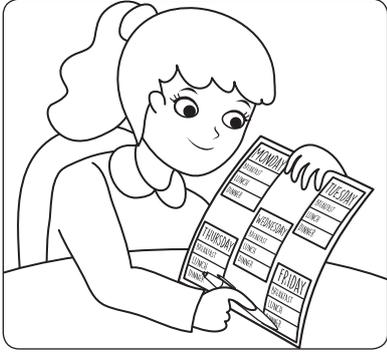
Project

What to Eat?

Materials

- paper
- pencil
- crayons

A Make a healthy meal plan.



1. Your meal plan should include three meals each day. Start by drawing a grid.



2. Look up healthy foods and fill in your meal plan.



3. What are the main ingredients in each meal? Write a grocery list for your meal plan.

B Write about your meal plan in your Project Notes.

Project Notes

My grocery list:



C Use your Project Notes to talk about your project with a partner.

What can you do to eat more healthy food?

