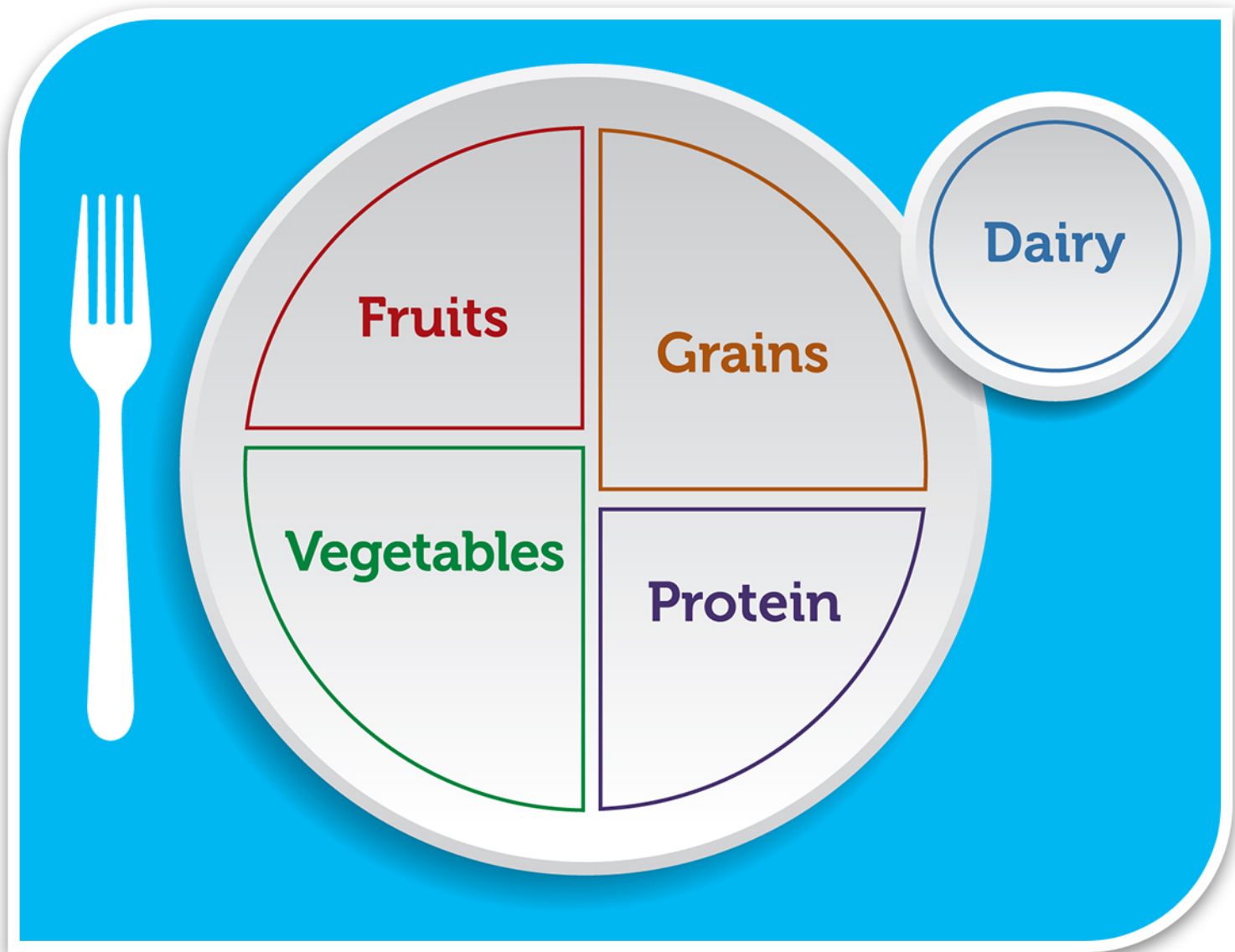


## Puzzle Board

Plan your next healthy meal.



- Fill your plate with healthy foods that you cut out from the puzzle pieces worksheet.
- Then, hang your plate on your fridge to help Mom or Dad plan your healthy dinner.

## Puzzle Pieces Worksheet

Planning a meal is just like putting together a puzzle.

- 1** Cut out the food puzzle pieces.  
Then, you get to choose what to put on your plate.
- 2** Match the puzzle pieces  
to the colors on your plate to make a healthy meal.
- 3** Remember  
to pick a food from each group.

### DAIRY

Low fat dairy is the perfect pick. It's good for your teeth and bones.  
Dairy has protein for strong muscles, too!



Skim Milk



Low-Fat  
Yogurt



Reduced-  
Fat Cheese

## VEGETABLES

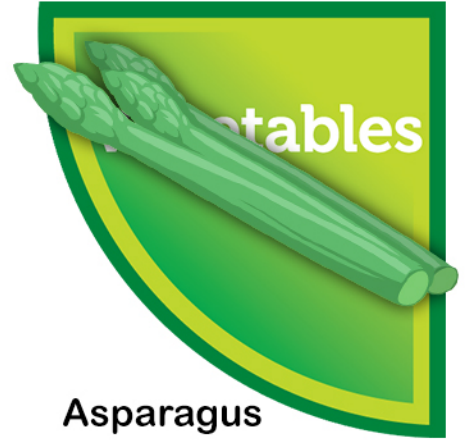
Veggies have great minerals and vitamins. They are good for your eyes and skin.



Broccoli



Salad



Asparagus



Carrot



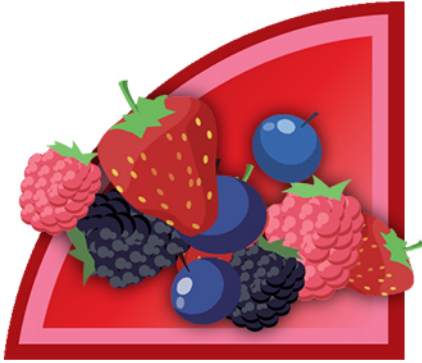
Bell Pepper



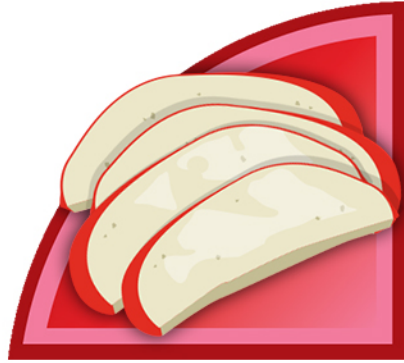
Kale

## FRUITS

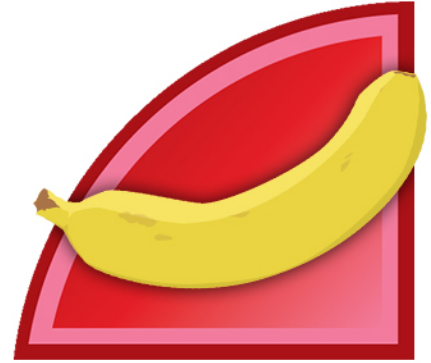
Fruit is sweet and full of vitamins! Vitamins are great for your body.



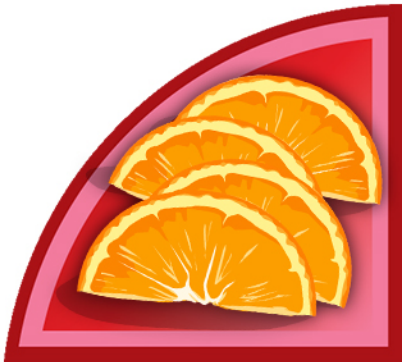
**Berries**



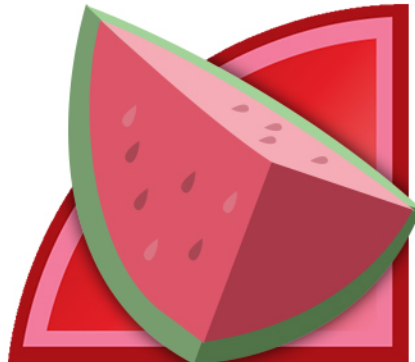
**Apple**



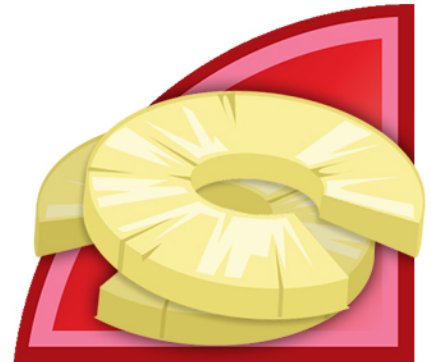
**Banana**



**Orange**



**Melon**



**Pineapple**

## GRAINS

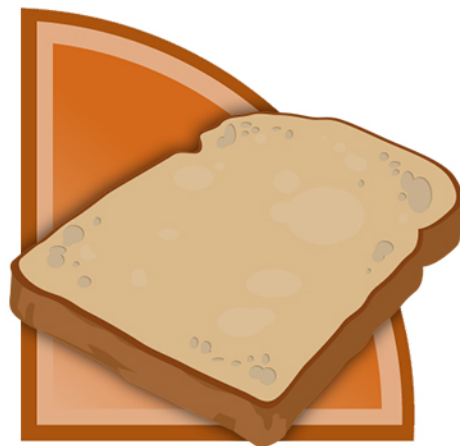
Whole grains give you energy, and fiber which is good for your stomach.



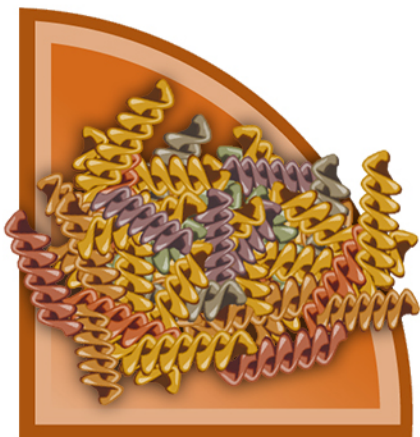
**Brown Rice**



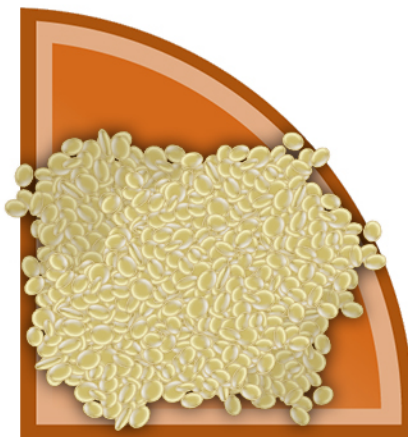
**Corn Tortilla**



**Whole-Grain Bread**



**Whole Wheat Pasta**



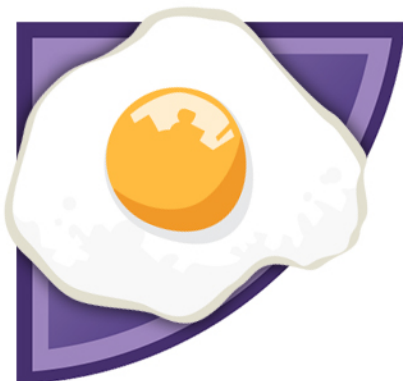
**Quinoa**

## PROTEIN

Lean protein is great for muscles. Pick grilled proteins, not fried.



**Grilled Chicken Strips**



**Egg**



**Black Beans**



**Fish**



**Turkey Breast**



**Lean Beef**



**Lentils**