



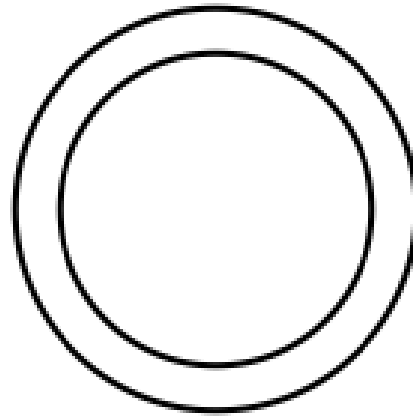
# Healthy Eating



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

Date: \_\_\_\_\_

1. Label and separate what your plate should look like in terms of a “healthy” plate. List some food items included.



2. Explain how you would promote healthy eating in a school. What will you do? What would you start? How is it beneficial? Use complete sentences.

3. What factors will you take into consideration next time you are making food choices?

