End Your Day With A Healthy Dinner





Fill in the blanks

- 1. Make half your plate _____ and _____.
- 2. Choose _____ protein and keep your heart happy.
- 3. Don't forget the _____ so you can grow strong bones and teeth.
- 4. Dinner time is a great time to try _____ foods.
- 5. Got a sweet tooth? Add some _____ fruit to your meal.
- 6. Enjoy your food, take your _____ when you eat.
- 7. It's fun to eat dinner together as a ______.
- 8. Don't over fill your tummy, choose a smaller _____

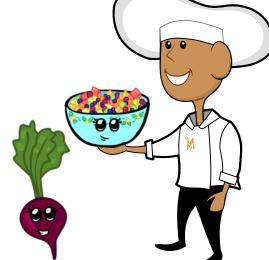












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