

End Your Day With A Healthy Dinner



fresh	plate	dairy	vegetables	new	fruit	time	lean	family
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Fill in the blanks

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

