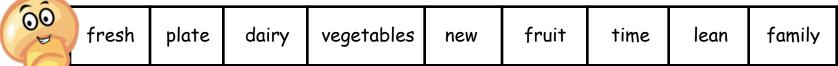
End Your Day With A Healthy Dinner





Fill in the blanks

- 1. Make half your plate <u>fruits</u> and <u>vegetables</u>.
- 2. Choose <u>lean</u> protein and keep your heart happy.
- 3. Don't forget the <u>dairy</u> 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 <u>fresh</u> 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

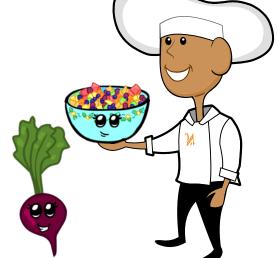












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