

End Your Day With A Healthy Dinner



fresh

plate

dairy

vegetables

new

fruit

time

lean

family

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 _____.

