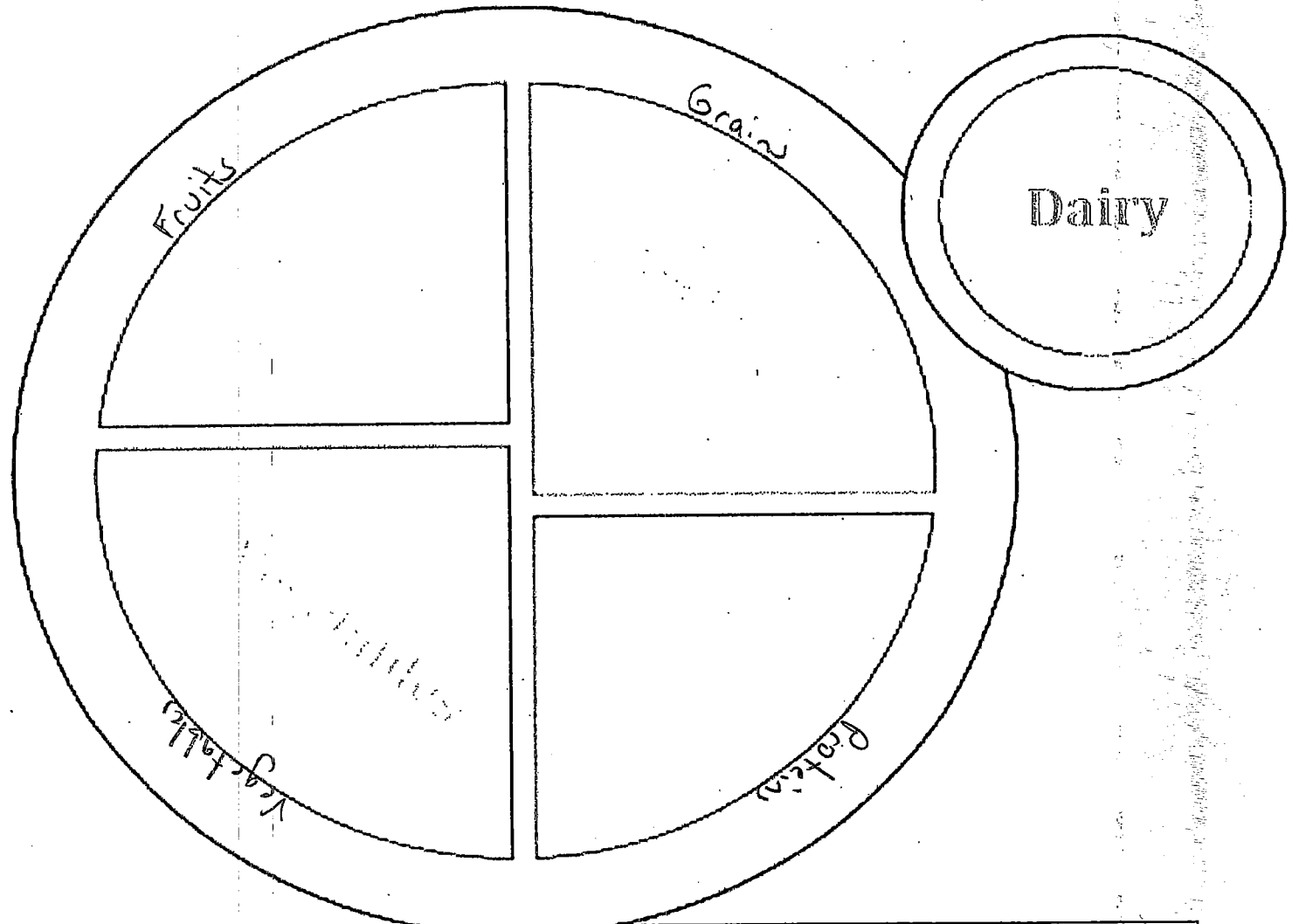


Identify a healthy food choice for each category and write each in the proper category.

Word Bank

- corn
- rice
- chicken
- white bread
- milk
- apples
- potato chips
- candy
- chocolate
- broccoli
- cheese
- tomatoes
- beef
- strawberries
- grapes
- whole wheat
- carrots
- cucumbers
- eggs
- yogurt



May choose words from the word bank or select your own.

Select the two letters that apply.

In order to maintain a healthy body weight, I need to _____ and _____:

- | | | | |
|----------------------------|-------------------------|----------------------|----------------------|
| A. Go to sleep really late | B. Eat fast food | C. Play a video game | D. Read about sports |
| E. Eat healthy | F. Be physically active | G. Watch TV | H. Sit still |