Meal Planning Worksheet

Activities 1 & 2

American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association
Learn and Live®

How to choose a healthy meal!

Directions: Record daily food choices. Ask family members or friends to record their food choices.

Under each meal, list each food eaten on a separate line. For each food, place a check mark under the category where that food item belongs and indicate if that food is an "everyday food" or a "sometimes food."

NAME _____ DATE _____

Food Selection	"Everyday food"	"Sometimes food"	Fruit	Vegetable	Bread, cereal, pasta	Milk, cheese	Lean meat	Fats, oils, sweets
BREAKFAST								
LUNCH								
DINNER								
SNACK								