Name: Date:

Choose the Healthy Plate

Direction: Put ✓ on the healthier meal.

◯	Chicken + rice + vegetables	OR	chips + soda	◯
◯	Fruit + yogurt	OR	chips + candy	◯
◯	Soup + vegetables	OR	fries + soda	◯
◯	pizza only	OR	donut + soda	◯
◯	candy + soda	OR	Rice + fish	◯
◯	Eggs + toast	OR	Apple + nuts	◯
◯	Salad + chicken	OR	Sandwich + milk	◯
◯	fries only	OR	soda + cake	◯
◯	burger only	OR	noodles + candy	◯
◯	Milk + banana	OR	Soup + bread	◯