HEALTHY me!

Activity 2: In the Mood for Food

St. Louis District Dairy Council
The Nutrition Education People

Food is fuel for your body. It helps you grow up strong and healthy, but you need many different foods. Your body needs three meals every day for energy to grow.

Look at all the foods and drinks on this page. Pick out your favorite foods and create a meal you'd like to eat. Use your scissors to cut out the foods. Paste your meal on the plate on the placemat. Write your name on the placemat and share your artwork with your friends.

MILK