

Name \_\_\_\_\_

# Food for a Day

Don't forget to  
include drinks!

Write or draw what you ate yesterday.

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

Underline to match the food group code.  
(Some foods may fit into more than one food group.)  
Did you eat balanced meals? \_\_\_\_\_

**Color Code**

fruit	— red	protein	— orange
vegetable	— green	dairy	— yellow
grain	— brown	other	— purple