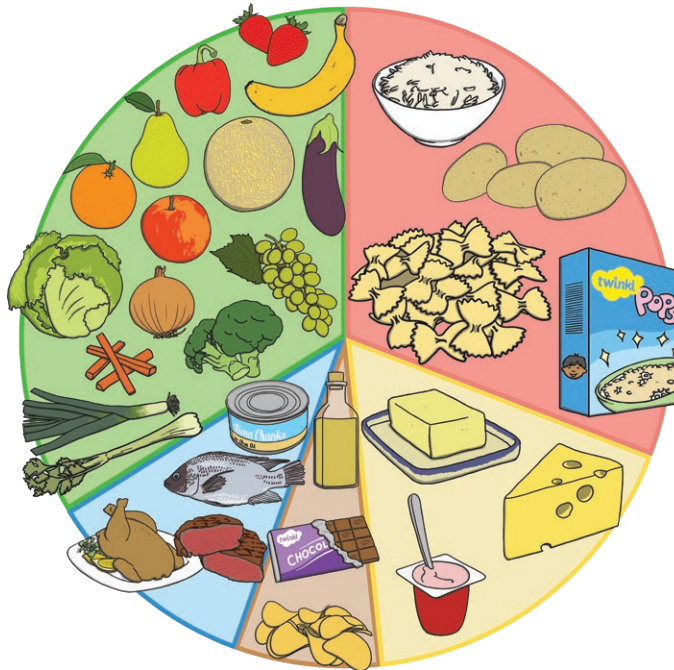


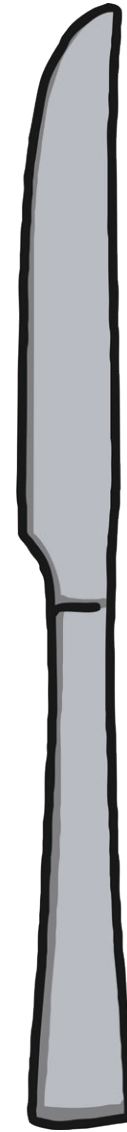
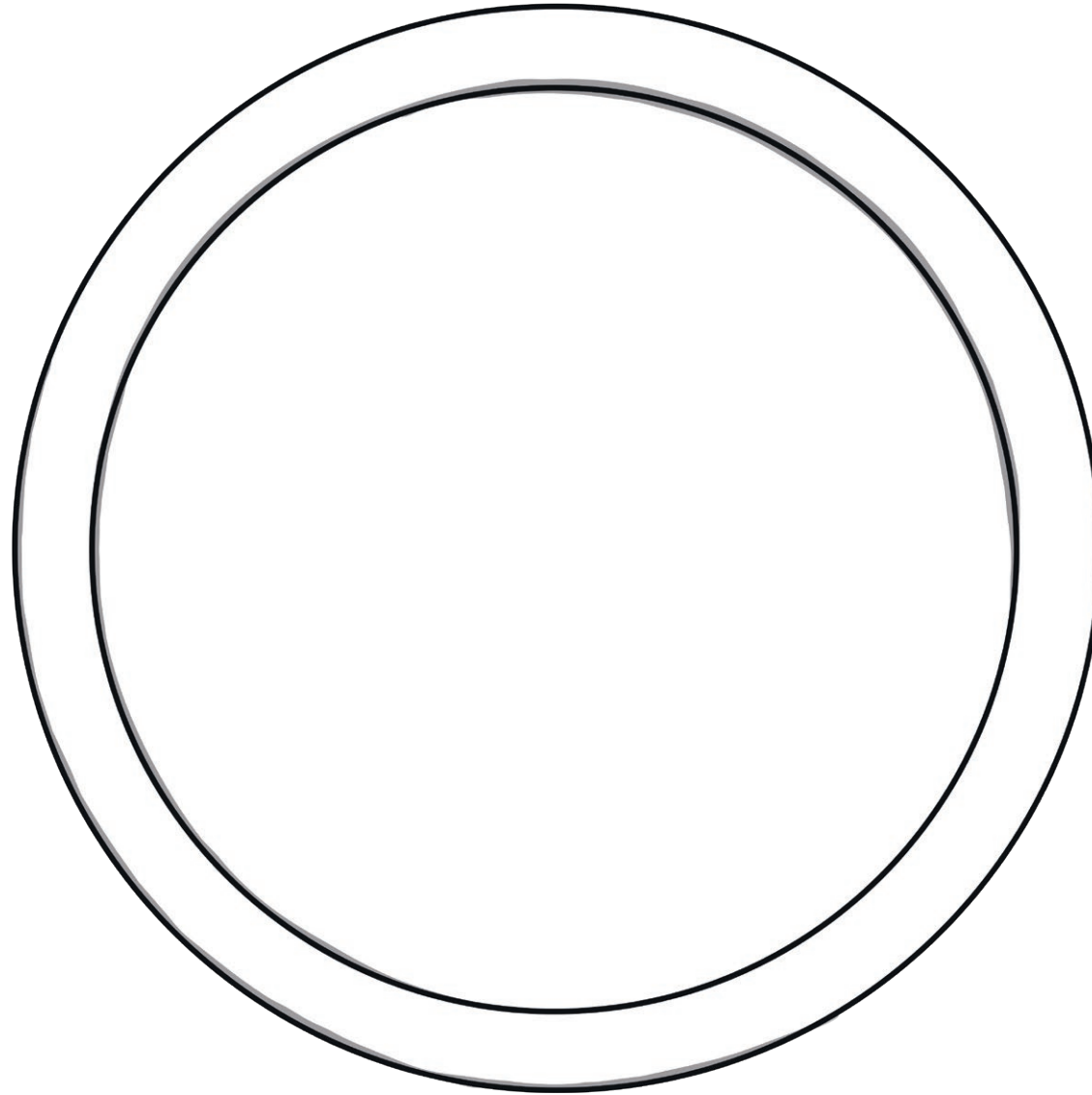
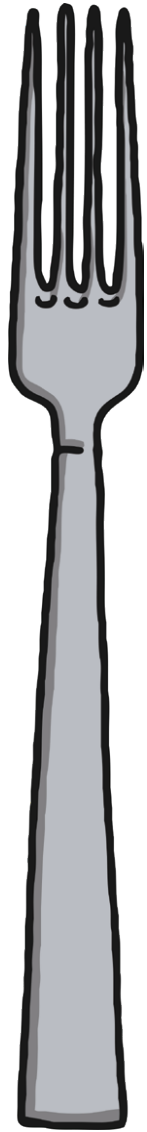
# Healthy Eating Meal Activity Instructions

You **must** include:

- Two portions of vegetables.
- Two portions of carbohydrates.
- One portion of protein.
- One portion of dairy.



# Healthy Eating Meal Activity



Cut out the food to make a balanced meal on your plate.

