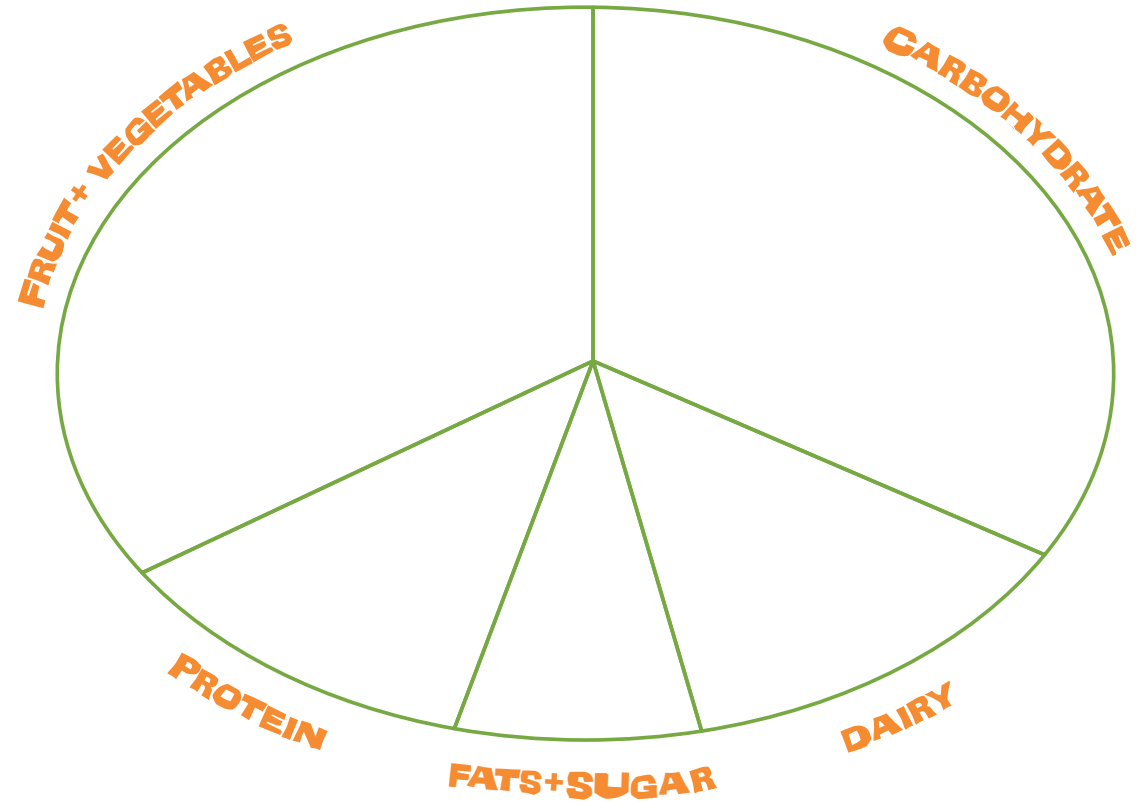


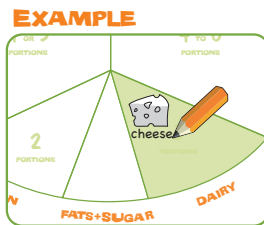
Name: _____ Age: _____ Date: _____

Keep track of how many different food groups you eat from in a day!

Write or draw the different types of food you eat onto the chart. At the end of the day, see how many different types of food you ate. Do you have a balanced diet?



Hey splash Dudes!
It's fun making sure you have a balanced diet. All you have to do is eat from different types of food group every day!



Totals:

Carbohydrate _____ Fruit+Vegetables _____ Dairy _____

Protein _____ Fats+Sugar _____