



Food is Medicine.

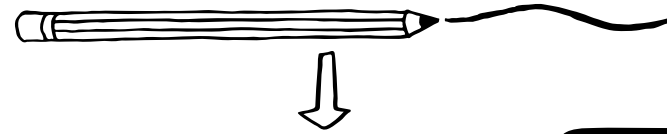
WHAT'S ON MY PLATE TODAY?

WHAT COLORS ARE YOU EATING?



Food is Love.

DRAW YOUR MEAL

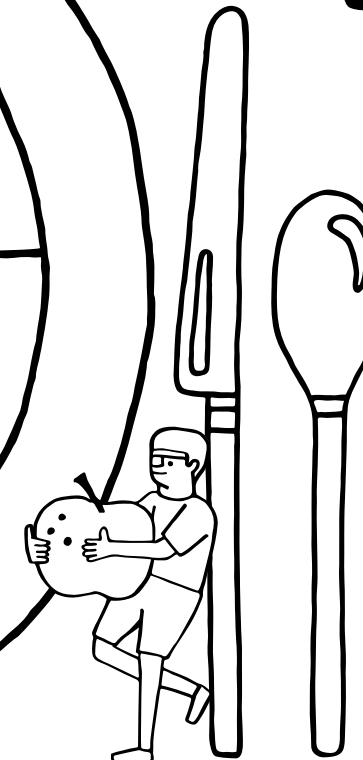
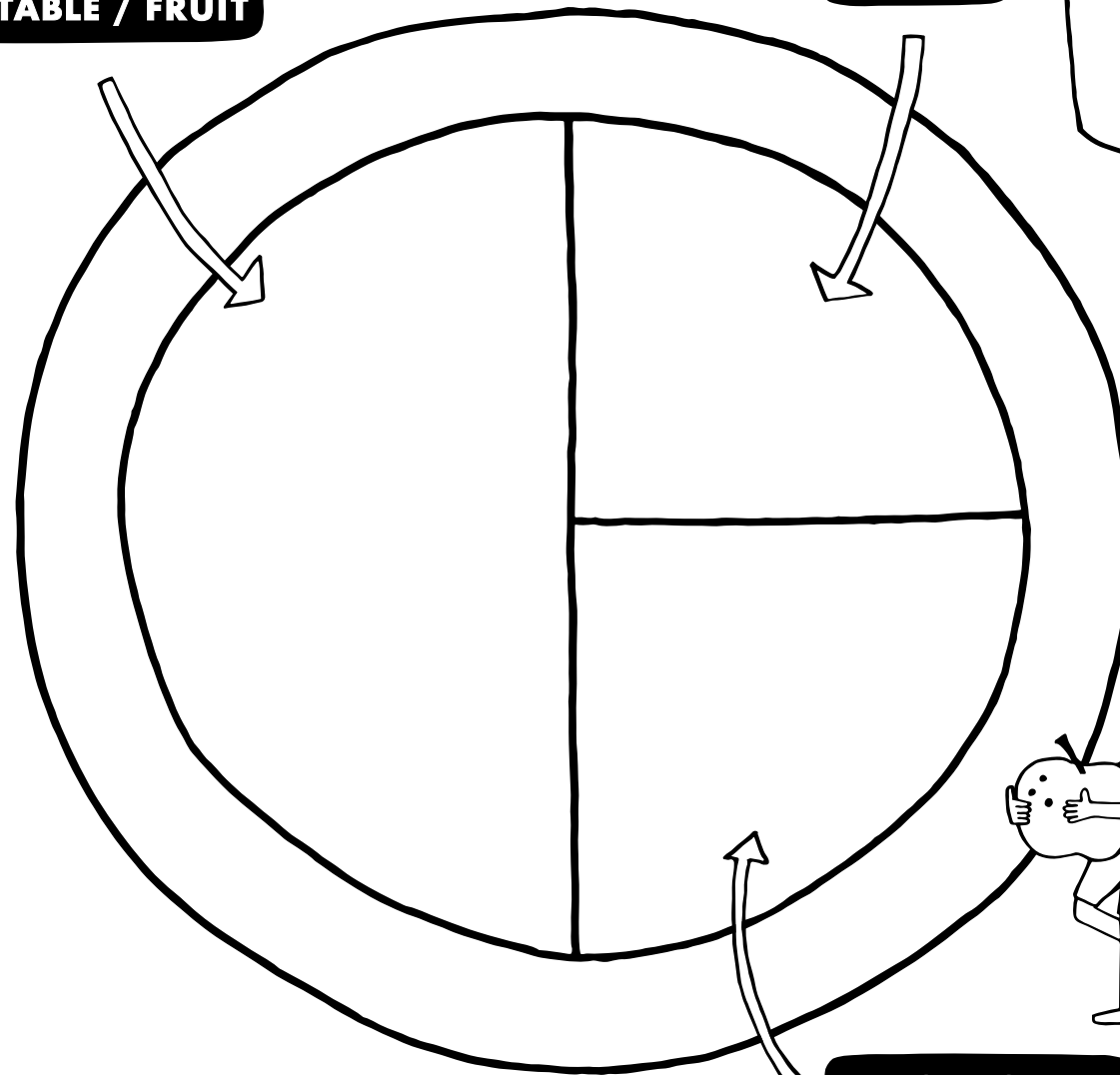
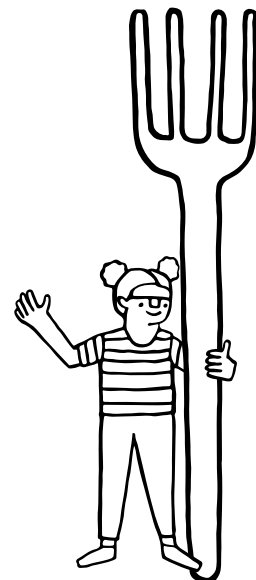


VEGETABLE / FRUIT

PROTEIN



BEVERAGE



WHOLE GRAIN

1 Write out what you ate for your meal.

2 Circle the vowels in each word.

FRUIT:

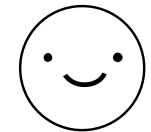
VEGETABLE:

PROTEIN:

WHOLE GRAIN:

DESSERT:

HOW DID YOUR MEAL MAKE YOU FEEL?
(CIRCLE ONE)



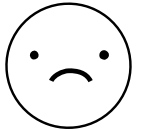
HAPPY



ENERGIZED



SLEEPY



BLEH

WORD FIND

DELIVER
EAT
FOOD
FRIEND
GIVE
GROW
HELP
LOVE
PLAY
YUM

F	R	I	E	N	D	H	A	F	O
Y	A	Q	Z	J	D	G	R	O	W
A	B	L	D	E	Z	Y	B	O	T
U	Y	P	E	W	X	H	A	D	G
L	O	I	L	O	V	E	F	L	D
R	V	T	I	C	S	L	I	C	H
E	H	U	V	S	D	P	L	A	Y
G	I	V	E	L	O	T	N	R	U
G	M	A	R	S	E	A	T	E	M
P	Z	O	S	K	U	M	D	N	Y

GOD'S LOVE
WE DELIVER®

