WHAT’S ON MY PLATE TODAY?
WHAT COLORS ARE YOU EATING?

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?
(HIP-CIRCLE ONE)

Happy  Energized
Sleepy  Bleh

Word Find

Deliver  Friend  Hap O
Eat  Y a q z J d G row
Food  A b l e Z y B o t
Friend  U y P e w x H a d g
Give  L o i L o v e F l d
Grow  R v t i c s l i c h
Help  E H v S d pl ay
Love  G i v e l o t n r u
Play  G m a r s e a t e m
Yum  P z o s k u m d n y