***Eating & Exercise***

*Eat each of these food groups at least 3 times a day*

*Exercise for 30-60 min. a day*

List some foods you enjoy eating

Vegetables: green bean, carrots, lettuce, broccoli

Fruit: apples, oranges, bananas

Grain: wheat thins, granola, oatmeal

Protein: chicken, fish, beef

Dairy: milk, sour cream, yogurt

Do at least 2 different activities for 20 minutes each day this week for exercise and list them below

Monday:

Tuesday:

Wednesday

Thursday:

Friday: