

A Balanced Diet Menu

Directions: Use the spaces below to create a balanced diet menu for one day. For each of the three meals, circle the food groups that you have included in that meal. Make sure that you have hit all five major food groups by the end of the day!

Breakfast (grains, vegetables, fruits, milk, meats & beans):

Lunch (grains, vegetables, fruits, milk, meats & beans):

Dinner (grains, vegetables, fruits, milk, meats & beans):
