

Children's

MUSEUM

of Houston

Time for Dinner!

Create a healthy meal!

What to do

What you need

- Glue
- Scissors
- Grocery Store Advertisements
- ChooseMyPlate Sheet

1

Take a ChooseMyPlate sheet to create your healthy dinner.

3

Cut out healthy food items and place them on the designated sections of the plate. *What colors are your food items?*

2

Look through the ads for healthy food options.

4

Glue the food items to the plate. *Is it easy or difficult to find healthy food options?*

For Parents

Daily dietary requirements differ from person to person. For most people, a balanced meal includes appropriate servings of fruits, vegetables, whole grains, milk, meats/beans, as well as small amounts of fat and oils. Visit www.choosemyplate.gov to track what you eat each day and learn more about healthy food options.

