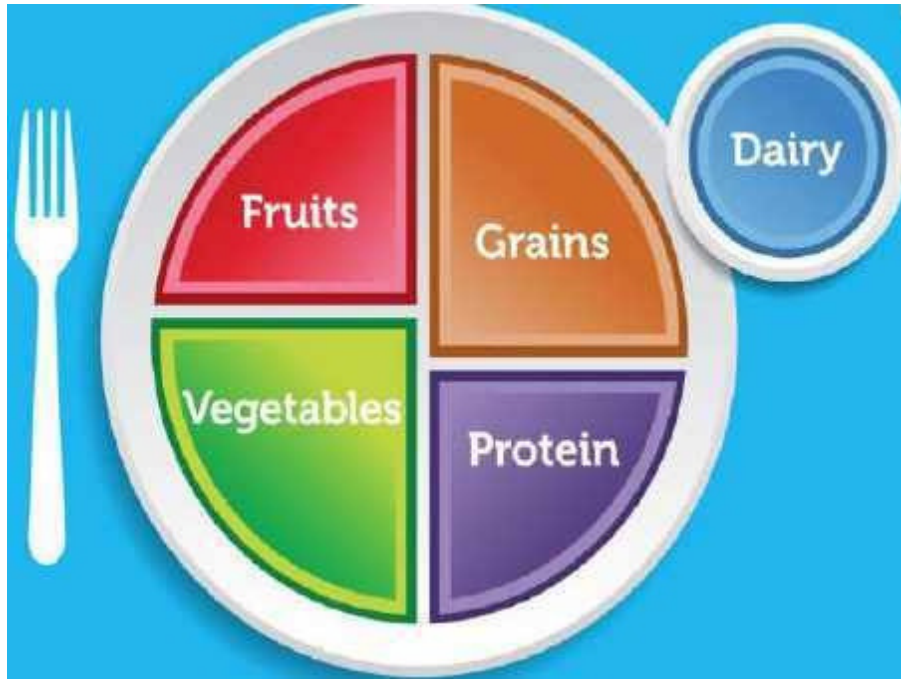


Name:

Date:

Make A Healthy Plate

Let's write down healthy foods that have the following nutrients.



	Nutrient Names	Food Names				
		1	2	3	4	5
1	Proteins					
2	Carbohydrates					
3	Vitamins					
4	Iron					
5	Calcium					
6	Fats					

Fill your plate with healthy & nutritious food.