

Healthy Eating — Clean Plate Reward

Give yourself a sticker or place an X in the circle when you include in your daily meals something from the food groups below. Fill in all the circles to reach the Happy Rock at the end of the trail for a special reward.



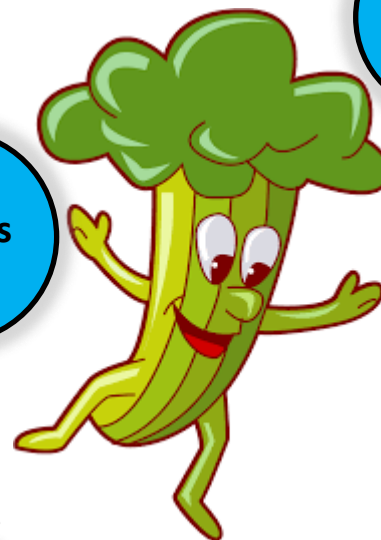
Fruits



Dairy



Veggies



YOU
DID IT!

