




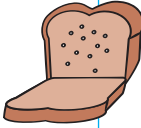
Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 2: Fruits and Vegetables

**Lesson Theme:** Increasing the consumption of fruits, vegetables and the willingness to try new foods.

**ACTIVITY:** Plan your dinner for today and tomorrow. Work with a partner to make a balanced meal each day. Remember to include one food from each of the five food groups!

## My Menu Planner

TODAY'S DINNER		TOMORROW'S DINNER	
Fruits:   <b>Banana</b>		Fruits:  <b>Grapes</b>	
Vegetables:  <b>Kale</b>		Vegetables:   <b>Spinach</b>	
 Protein:  <b>Chicken</b>		Protein:  <b>Fish</b>	
Grains:  <b>Whole wheat bread</b>		Grains:  <b>Whole wheat tortilla</b>	
Dairy:  <b>Milk</b>		Dairy:  <b>Low-fat yogurt</b>	