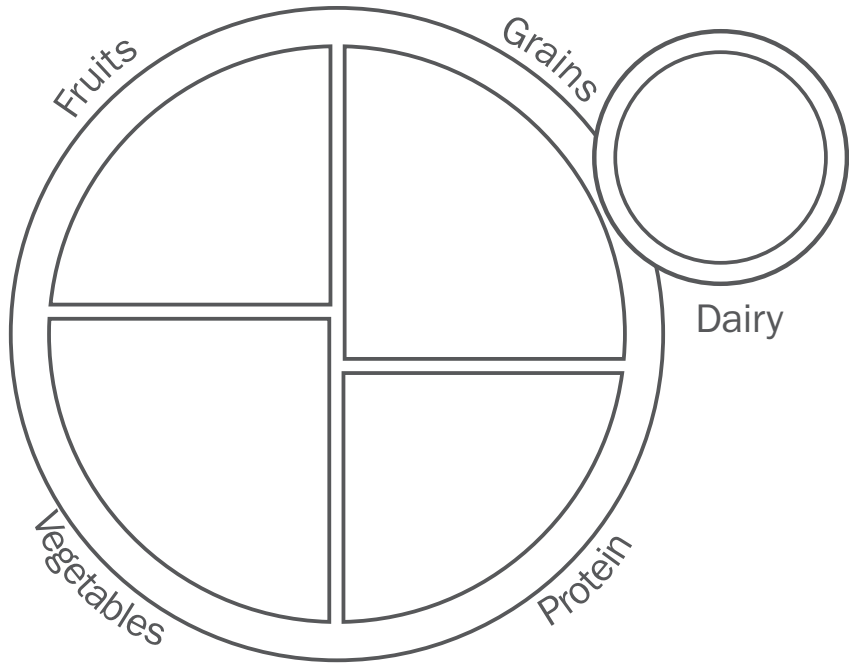


What Fruits, Veggies, Grains, Proteins, and Dairy did you eat?

WEEK

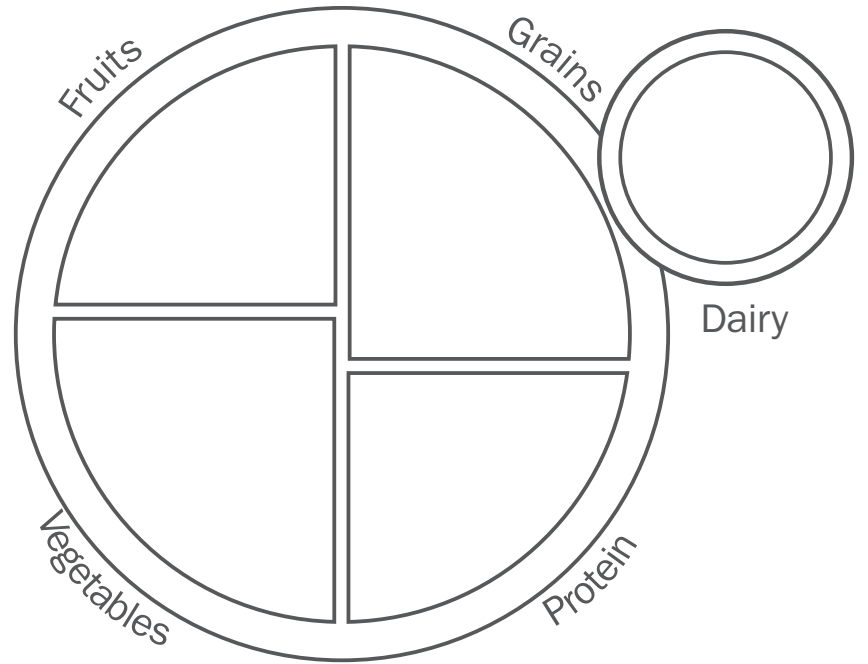
1



Other

WEEK

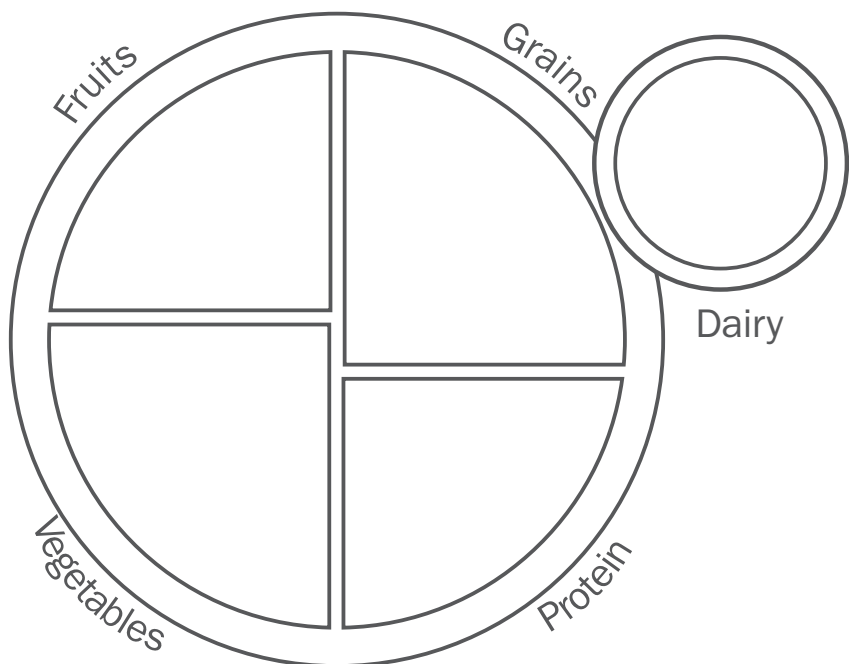
2



Other

WEEK

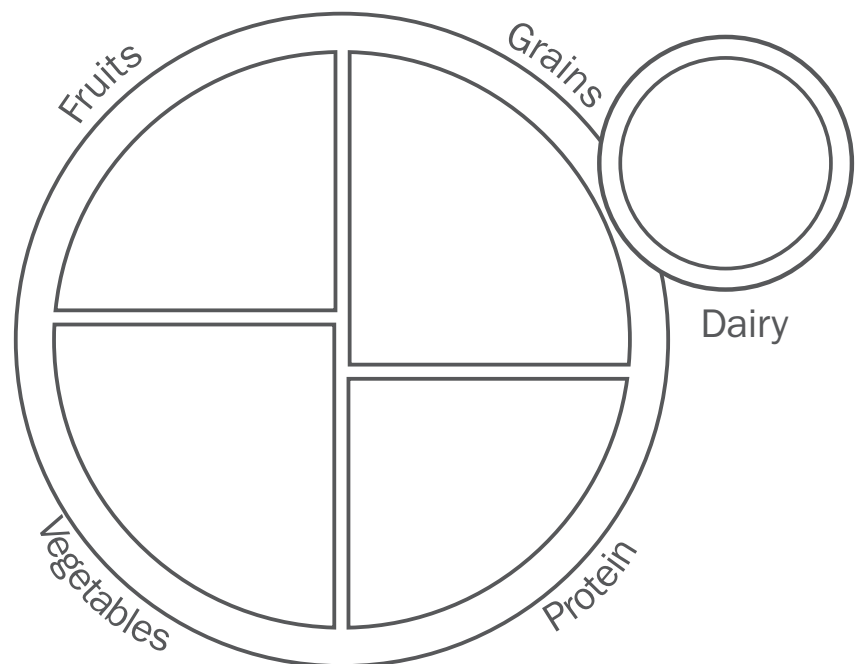
3



Other

WEEK

4



Other

Each child can list one or two foods that they included on their individual worksheet, for each specific week.
Source: ChooseMyPlate.gov

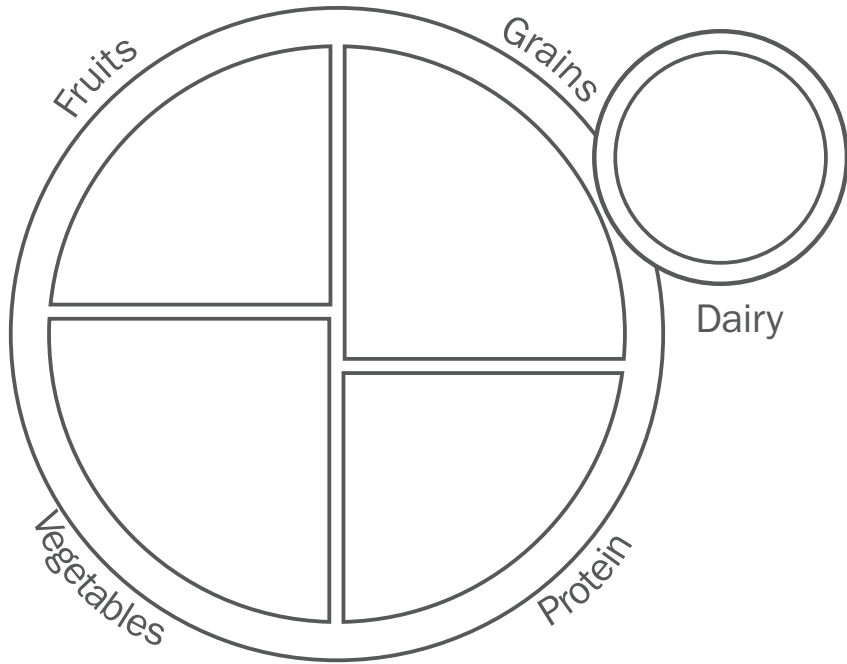


Riley Children's Health
Indiana University Health

What Fruits, Veggies, Grains, Proteins, and Dairy did you eat?

WEEK

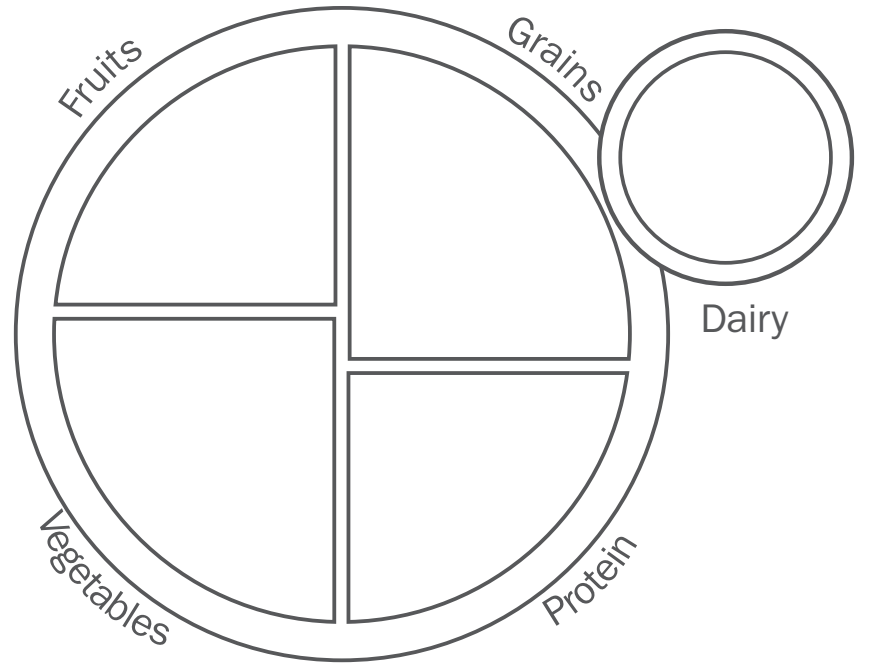
5



Other

WEEK

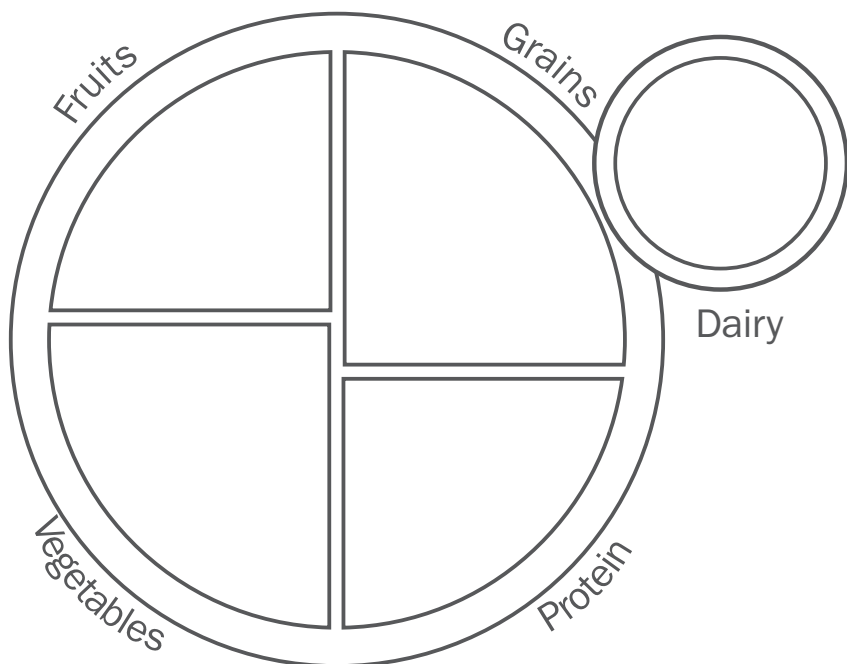
6



Other

WEEK

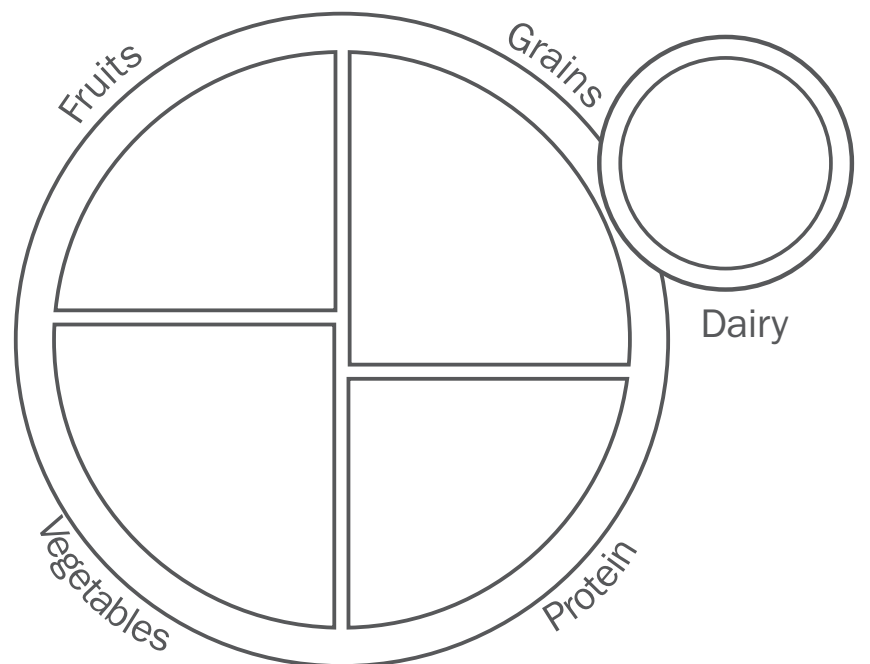
7



Other

WEEK

8



Other

Each child can list one or two foods that they included on their individual worksheet, for each specific week.

Source: ChooseMyPlate.gov



Riley Children's Health
Indiana University Health