

Unit 4 Lesson 2 Creating a Well-balanced Diet

Use the pyramid poster as a guide and create examples of well-balanced meals.

MORNING	
Grains	
Vegetables	
Fruits	
Milk	
Meat and Beans	

NOON	
Grains	
Vegetables	
Fruits	
Milk	
Meat and Beans	

NIGHT	
Grains	
Vegetables	
Fruits	
Milk	
Meat and Beans	