

Balancing my Meal is Easy



I agree to be an EAT SMART kid!
I know that my body needs a BALANCED meal
made of foods from each of the 5 food groups.
Being an EAT SMART kid means eating a variety of
foods such as whole grains, fruits and vegetables,
lean meats or beans, and calcium rich foods like
milk every day.

Child's Name _____

Parent's Signature _____



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Agreement