

Meal Planning

Planning your meals will help you save money.



Why do you want to save money? Draw a picture, write it down or tell your teacher.

There are 3 steps to planning and buying good foods.



**1. Count
how much
money you
have for
food.**



What foods do you like to eat that are colorful? Tell your teacher.



**2. Plan your meals with a
variety of colors.**



**3. Make a
grocery list
and buy
only the
food on
your list.**

What healthy foods can you put on your grocery list? Draw or write down some healthy foods you can buy at the grocery store.

Plan a healthy breakfast

Can you name other healthy breakfast foods? Tell your teacher what they are.

1



Grain

2



Fruit

3



Milk

At lunch, drink milk instead of soda pop or sugary drinks.



At dinner, eat some colorful vegetables

Can you name the colorful vegetables in this picture?



Eat before you go shopping.



What Can I Do?



Eat colorful vegetables for dinner tonight.

- What change can you make because of what you learned today?
Eat colorful vegetables for dinner tonight.
 - What vegetable do you want to eat for dinner tonight?
Draw a picture or write down what vegetable you want for dinner.