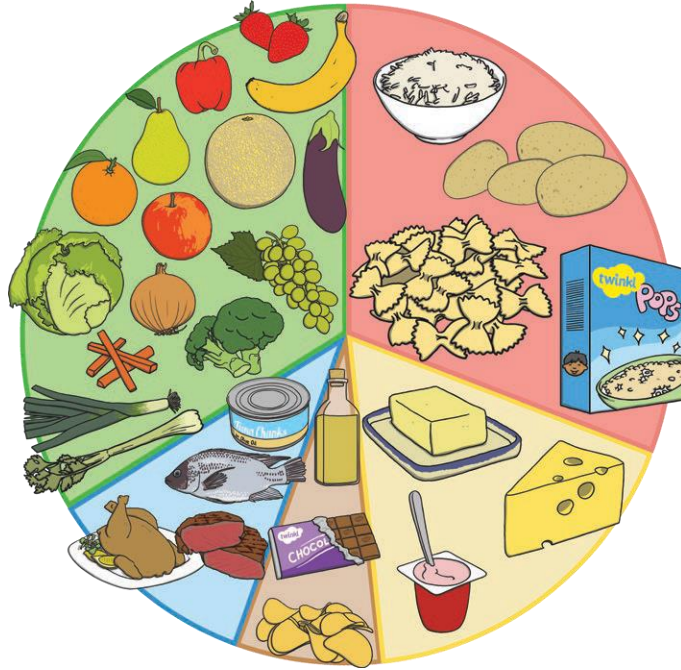


## Healthy Eating Food Group Chart



You should try and have a balanced diet with a variety of foods from each food group. How well does your lunch or dinner do? What could you have to improve your balanced diet?