

Colorful Fruits and Veggies on My Plate!

	Breakfast	Lunch	Dinner
Monday	Example: APPLE		
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- * At every meal, put a different color fruit or veggie on your plate to keep you food company!
- * When you are done eating, write the name of the veggie or fruit, and color in the box!
- * At the end of the week, you will see your very own colorful food art design!

