



BUILDING A HEALTHY BASE

Worksheet

Lesson 1

Eat Healthy, Stay Fit

Please help us evaluate this lesson.

After reading the Building A Healthy Base lesson, answer the items below. It should only take a few minutes.

1. What mini goal(s) have you decided to work on?

2. What did you have for servings from the grain group yesterday? List and put stars next to the ones that are whole grains.

3. Name three foods you enjoy that are good sources of fiber.

4. My tip to eat more fruits and vegetables is:

For more information

Check the items you want to receive.

- More tips on eating fruits and vegetables.
- What do words like "fat free" mean?

I have a question, please call me at this number:

Name: _____ Date: _____

Thanks for your help. Fold this sheet and it's ready to mail.



▼ FOLD HERE FIRST ▼

From:

Place
First Class
Postage
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To:

▲ FOLD HERE LAST AND SEAL WITH TAPE. DO NOT STAPLE ▲