



# MEAL PLANNING AND SNACKS

## Worksheet

### Lesson 3

### Eat Healthy, Stay Fit

Please help us evaluate this lesson.

After reading the Meal Planning and Snacks lesson, answer the items below.

1. What mini goal(s) have you decided to work on?
2. Does your daily menu plan provide the daily amount from each of the major food groups in MyPyramid?

6 ounces of the grains?	Yes _____	No _____
3 cups from vegetables?	Yes _____	No _____
2 cups from fruit?	Yes _____	No _____
2 cups from milk?	Yes _____	No _____
5 ounces from meat and beans?	Yes _____	No _____
Oils (make wise choices)	Yes _____	No _____

3. What healthy snacks could you choose to fill in gaps? Write them in next to the food groups.

### Mini Goal Update:

Please update us on your progress with your previous mini goals.

### For more information

Check the items you want to receive.

- Using Planned Leftovers
- Fun Snacks, Kids Can Help too!
- Card File Menu Planning System
- Snack Ideas from MyPyramid
- Weekly/One Day Meal Planners

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.*



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From:

Place  
First Class  
Postage  
Here

To:

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