Day 2

Healthy Meal? Or Not-So-Much?

Day #1 Breakfast 2 slices of cold pizza (sausage, cheese, onions) Glass of orange juice

Lunch Corn dog French fries Cole slaw Twinkie Snack Protein bar Apple

Dinner Meatloaf 2 rolls Broccoli Baked potato Ice Cream

**Answer the following questions based on the information given above.**

1. Are a VARIETY of fruits and vegetables selected to meet vitamin/mineral needs?

2. Is the protein intake lean or is there too much fat included?

3. Were snacks selected based on their nutritional value to supplement a healthy diet or do they contribute to unhealthy and empty calories?

Healthy Meal? or Not-So-Much? Day #2

**Breakfast Corn flakes Whole milk Peaches Hard-boiled egg**

**Lunch Yoghurt Blueberries Peanut butter sandwich Sports drink Snack Popcorn Sweet Tea**

**Dinner Fried Fish Hush Puppies Corn Salad with tomatoes Low Fat Milk Apple Turnover**

Answer the following questions based on the information given above.

1. Are a VARIETY of fruits and vegetables selected to meet vitamin/mineral needs?

2. Is the protein intake lean or is there too much fat included?

3. Were snacks selected based on their nutritional value to supplement a healthy diet or do they contribute to unhealthy and empty calories?

9.NPA.2.1, Appendix 1b

**Healthy Meal? or Not-So-Much? Day #3**

Breakfast Bacon Eggs Coffee Toast with butter Hash brown potatoes

Lunch Cheeseburger Onion Rings Milk Shake 2 peanut butter cookies Snack Potato chips Brownie

Dinner Roast beef Mashed potatoes Fruit salad Water Answer the following questions based on the information given above.

1. Are a VARIETY of fruits and vegetables selected to meet vitamin/mineral needs?

2. Is the protein intake lean or is there too much fat included?

3. Were snacks selected based on their nutritional value to supplement a healthy diet or do they contribute to unhealthy and empty calories?

**Healthy Meal? or Not-So-Much? Day #4**

Breakfast Cottage cheese Fresh strawberries with granola Low Fat Milk Banana Bread

Lunch Vegetable Soup Low Fat Milk Grilled Cheese Sandwich Apple cobbler Snack Fresh Fruit Popsicle peanuts

Dinner Vegetable Lasagna Salad Sweet Tea French Bread

Answer the following questions based on the information given above.

1. Are a VARIETY of fruits and vegetables selected to meet vitamin/mineral needs?

2. Is the protein intake lean or is there too much fat included?

3. Were snacks selected based on their nutritional value to supplement a healthy diet or do they contribute to unhealthy and empty calories?