Complete this worksheet and turn in to your coach by _____ to get a star!

Name: _____

I Eat Right

Healthy Habit of the Week:

I will eat a well-balanced, healthy breakfast each day
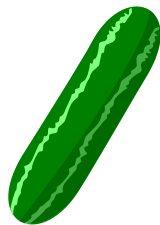
Key Points:

- Eating healthy foods helps you
  - Grow up to be strong and healthy
  - Helps your body heal
  - Gives you the energy and brain power to learn and play
- For example, if you skip lunch or eat unhealthy foods, you may feel very tired at school
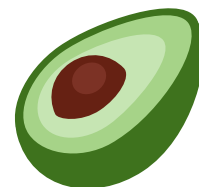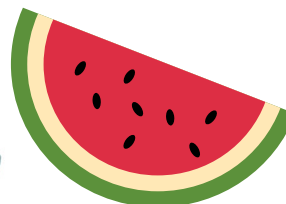
Healthy VS Unhealthy Foods

Apple slices VS French Fries

Cucumbers VS Cookies

Eat This, Limit That!

Circle the healthy foods
that give
Healthy LifeStars energy!

Healthy LifeStars®
Inspiring kids for life

Key: