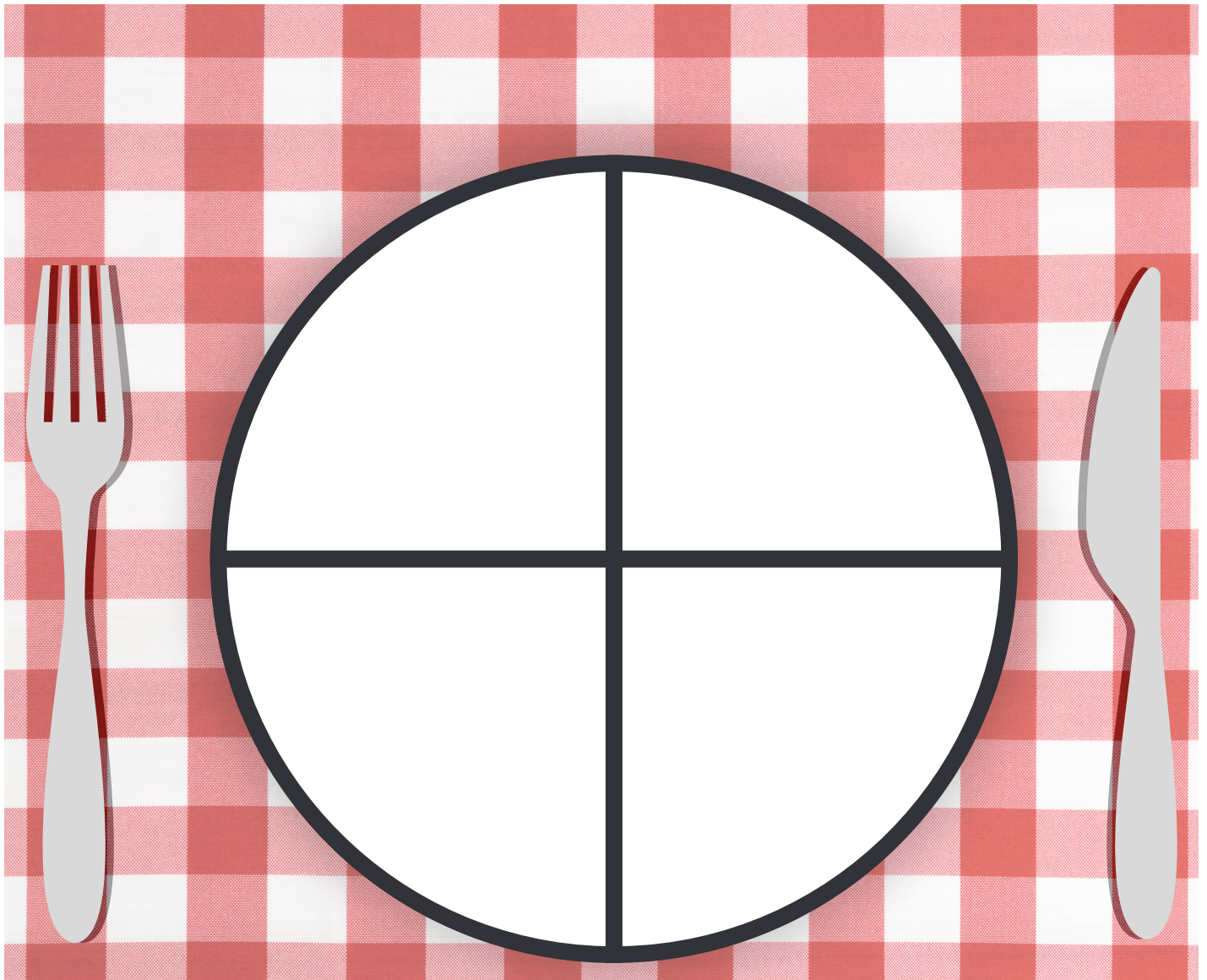


A Healthy Diet

Draw a healthy meal. Don't forget that a healthy diet includes eating protein foods, lots of vegetables and fruit, whole grain foods, and limiting highly-processed foods.



Write what your plate includes:

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