

BE INFORMED, BE HEALTHY

Read menu labels and make healthier choices.

FAST FOOD CHALLENGE

Plan a fast food meal for your child.

Write down meal items and their calories below for each item you place on the Game Plate.

Meal Item	Calories
.....
.....
.....
.....
Total

Who is this meal for?

Boy Girl Age?

Calories needed for one meal?

How many calories are in the meal you chose?

Are the total calories in the meal close to your child's calorie needs for one meal?

Yes? **YOU WIN!** No? Please try again

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