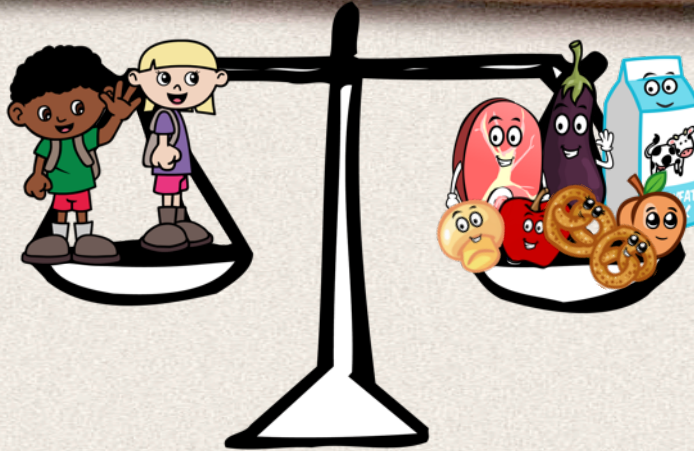


Balancing my Meal is Easy



I agree to be an EAT-SMART kid! I know that my body needs a BALANCED meal made of foods from each of the 5 food groups. Being an EAT-SMART kid means eating a variety of foods such as whole grains, fruits and vegetables, lean meats or beans, and calcium-rich foods like milk every day.

Parent's Name _____

Child's Name _____



Agreement

