WEEK 6 WORKSHEET: BALANCE

This is an example of a Balanced plate:

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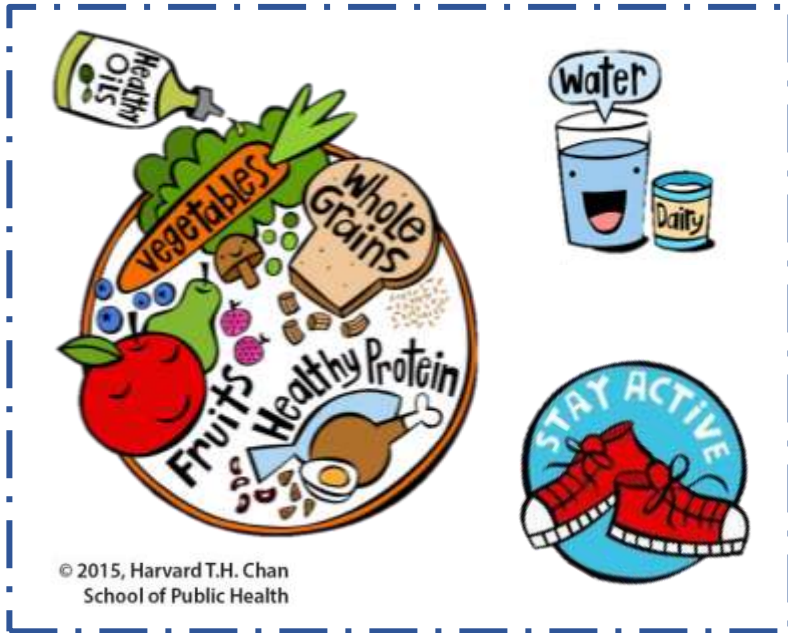
Draw Your Own Balanced plate:

DRINK

DRINK

ACTIVITY

IDEAS FOR DINNER: