

# MY FAVORITE MEAL



1. What is your favorite meal? Breakfast, lunch, or supper
  - a. Answers will vary
2. What do you like to eat at your favorite meal?
  - a. Answers will vary
3. Do your favorite foods make a well-balanced meal?
  - a. Explain the importance of eating a variety of healthy foods in proper amounts
4. Draw and color or cut out pictures and paste to make a picture of your favorite meal.
5. Help make this favorite meal and draw or take a picture of your family enjoying it.