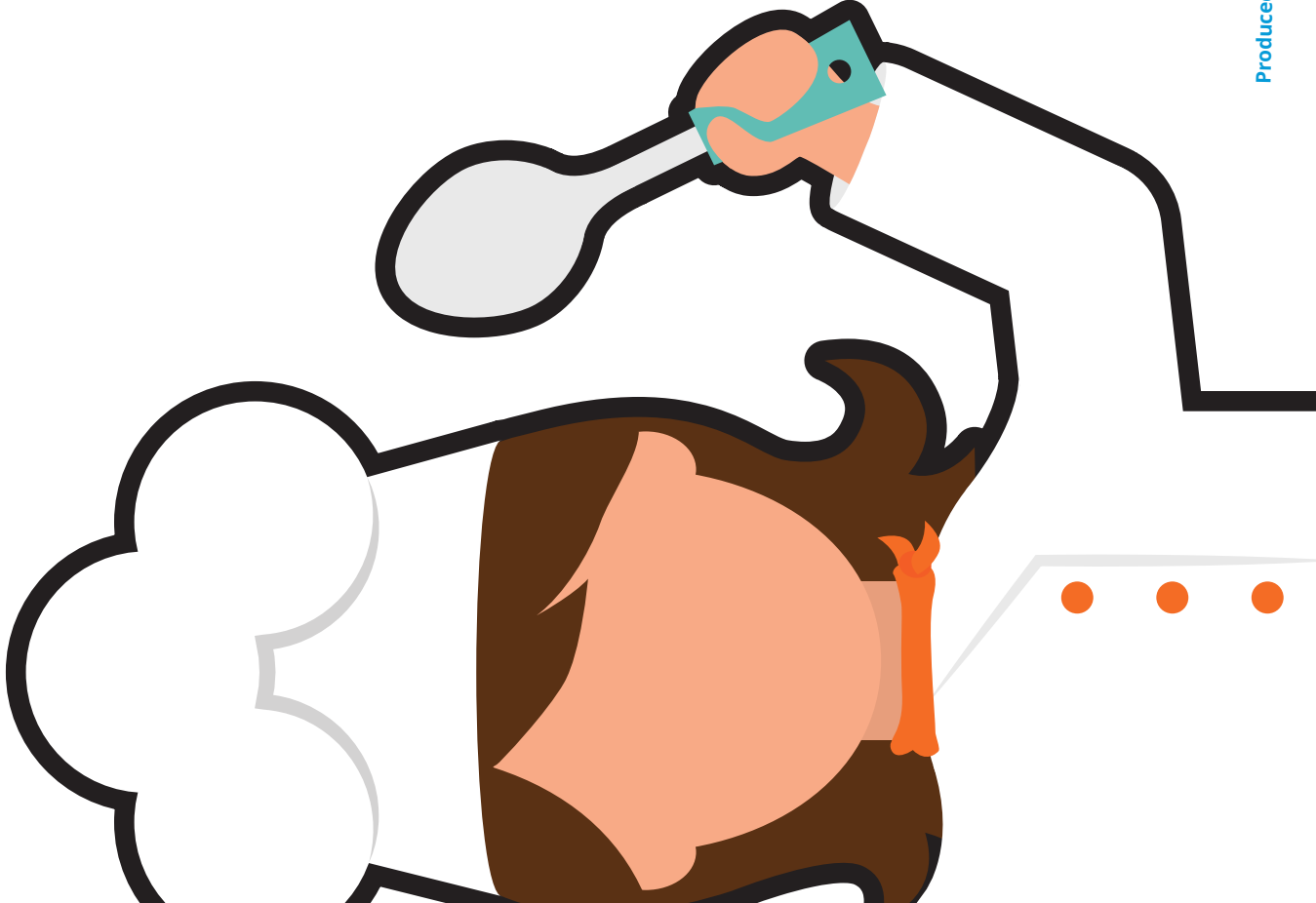


Parents - fill in each circle with two different foods. Then have your child choose which fruit, veggie, grain, protein, and dairy product they want on the dinner menu!



FRUITS

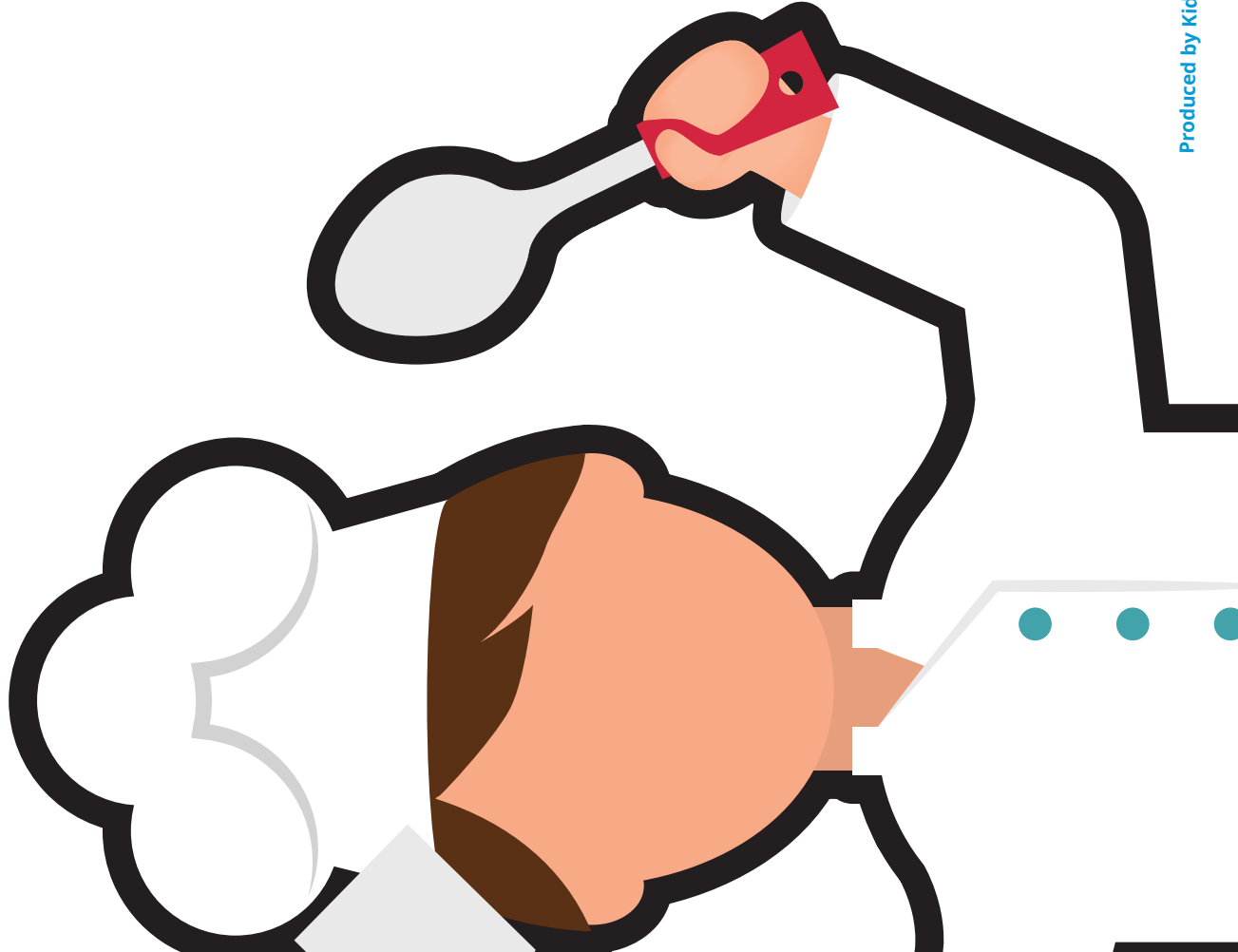
VEGGIES

GRAINS

PROTEIN

DAIRY

Parents - fill in each circle with two different foods. Then have your child choose which fruit, veggie, grain, protein, and dairy product they want on the dinner menu!



FRUITS

VEGGIES

GRAINS

PROTEIN

DAIRY

Two rows of five dashed circles each, arranged in a grid. The circles are colored red, green, orange, purple, and blue from left to right, corresponding to the food categories listed below.