What I learned today:

1. ________________________________________________________________________
2. ________________________________________________________________________
3. _________________________________________

Plant foods benefit the body by __________________________________________________
____________________________________________________________________________.

Fiber helps the body ________________________________________
____________________________________________________________________________.

**Favorite Plant Foods**

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Legumes</th>
<th>Nuts/Seeds</th>
<th>All Fruits and Vegetables!</th>
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Easy Ways to Eat Plant-Based Foods

Breakfast of Champions!
- Whole grain cereal with berries
- Parfaits with yogurt, granola, fruit
- Smoothies with milk/yogurt and fruit
- Western Omelet with black beans, onions, peppers, and mushrooms
- Breakfast Pizza with whole wheat English muffin, plain yogurt, fruit

More:

________________________________________________________________

Lunch Munch
- Wrap it Up with whole wheat tortilla, hummus, tomatoes, lettuce, cucumbers
- Power Pita Pocket with peanut butter, strawberries, sunflower seeds

More:

________________________________________________________________

Snack Attack
- PBB Bites with peanut butter and banana
- Fruit & Cheese Kabob with sliced cucumber, sliced apples, sliced cheese
- Ants on a Log with celery, peanut butter, and raisins or cranberries
- Homemade Trail Mix with almonds, peanuts, sunflower seeds, raisins, cranberries, dried apricots, whole grain cereal
- Hummus Dip with baby carrots, cucumbers, celery

More:

________________________________________________________________

Dinner Delights
- Vegetable Lasagna and side salad
- Minestrone Soup with veggies and beans
- Stir Fry with brown rice, vegetables, and tofu

More:

________________________________________________________________

Please take a few minutes to complete the evaluation of the presentation by using this link:
http://www.surveymonkey.com/s/S3952FX

Visit the Kids Eat Right website at: www.kidseatright.org for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!

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