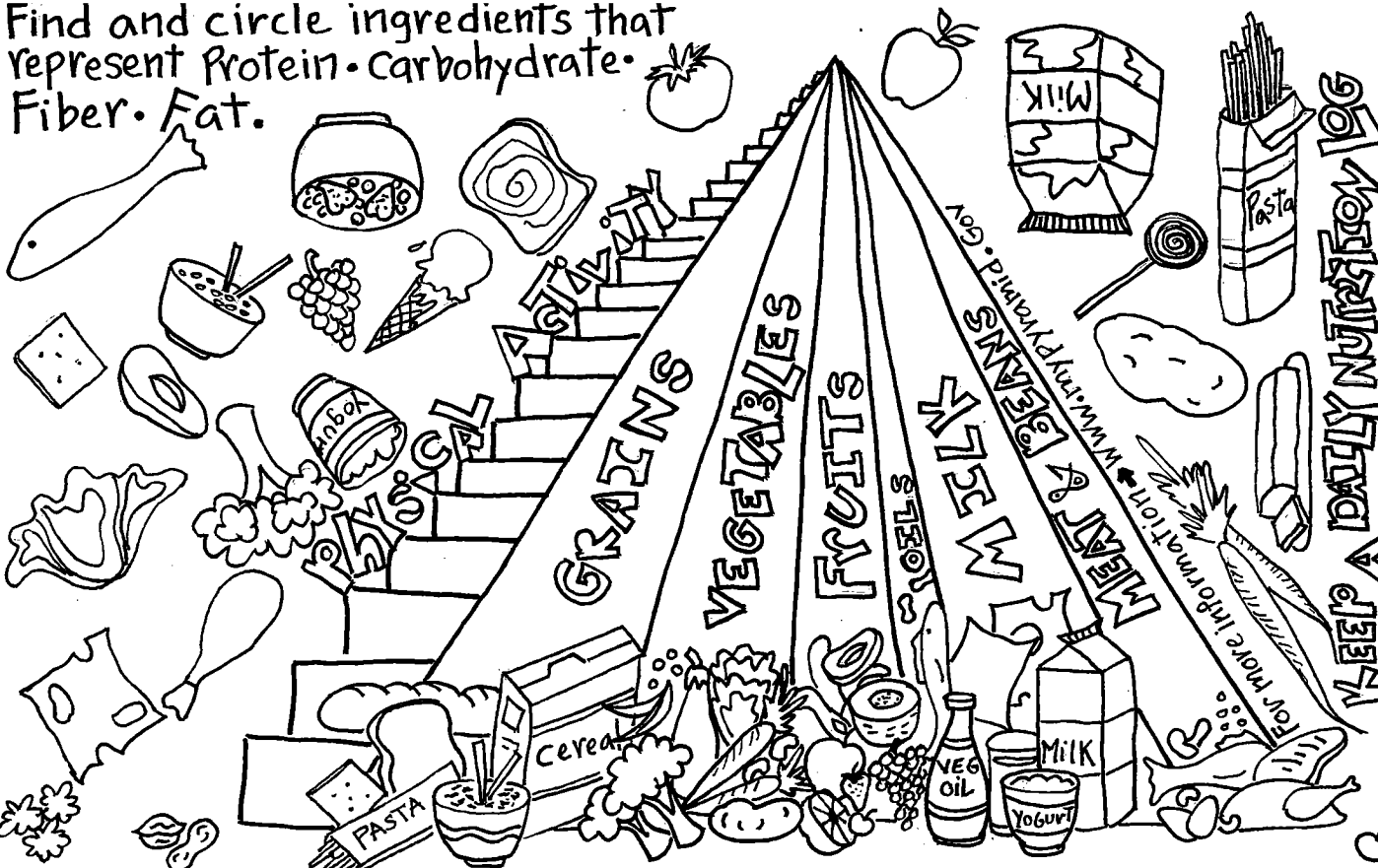


Find and circle ingredients that represent Protein • Carbohydrate • Fiber • Fat.



©-grains V-veggies F-fruit O-oils M-milk K M/B-beans meat & beans

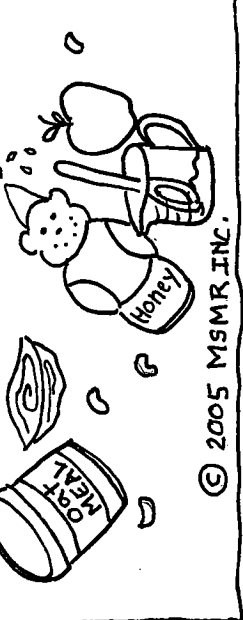
MEAL	Food	G	V	F	O	M	M	B
Breakfast								
Lunch								
Dinner								
snack								
	TOTAL							SERVINGS

Recipes for a Healthy You...

- ## Ants on a Log
- Celery • Raisins • Peanut butter
1. Wash and cut celery into 3 or 4 inch lengths.
 2. Fill hollow of celery with peanut butter.
 3. Line up raisins on top of peanut butter.

- ## Apple Smiles
- 1 Large red apple • Peanut butter • miniature marshmallows
1. Core the apple and slice it into 16 pieces.
 2. Spread peanut butter on one side of each apple slice.
 3. Place 4 or 5 marshmallows on top of one apple slice.
 4. Top with another apple slice.

- ## Energy Chews
- 1/2 cup peanut butter • 1/2 cup raisins • 4 Teaspoons honey • 1/2 cup chopped walnuts • 1/2 cup oatmeal • 1/2 cup wheat germ • 1/2 cup grated apple.
1. Mix ALL ingredients together in a bowl.
 2. Roll into one inch balls.
 3. Makes 14 - one inch chews!



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Budget Work sheet

This sheet accompanies the People & Animals: United for Health interactive calendar for grades K-8, which is owned and distributed by the Massachusetts Society for Medical Research, Inc. (MSMR). For more information about the calendar and other life science education materials, contact the MSMR at 978-251-1556.