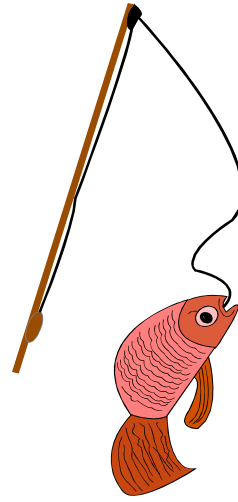


Catching a Balanced Diet Checklist



_____ 1 or more from the bread, cereal, rice and pasta group

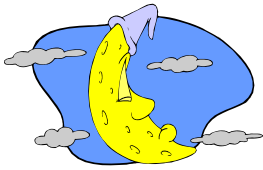
_____ 1 or more fruits

_____ 1 or more vegetables

_____ 1 milk, yogurt, and cheese

_____ 1 meat, poultry, fish, dry beans, eggs, and nuts

_____ fats, oils, and sweets (optional)



Sleep Data Collection Sheet

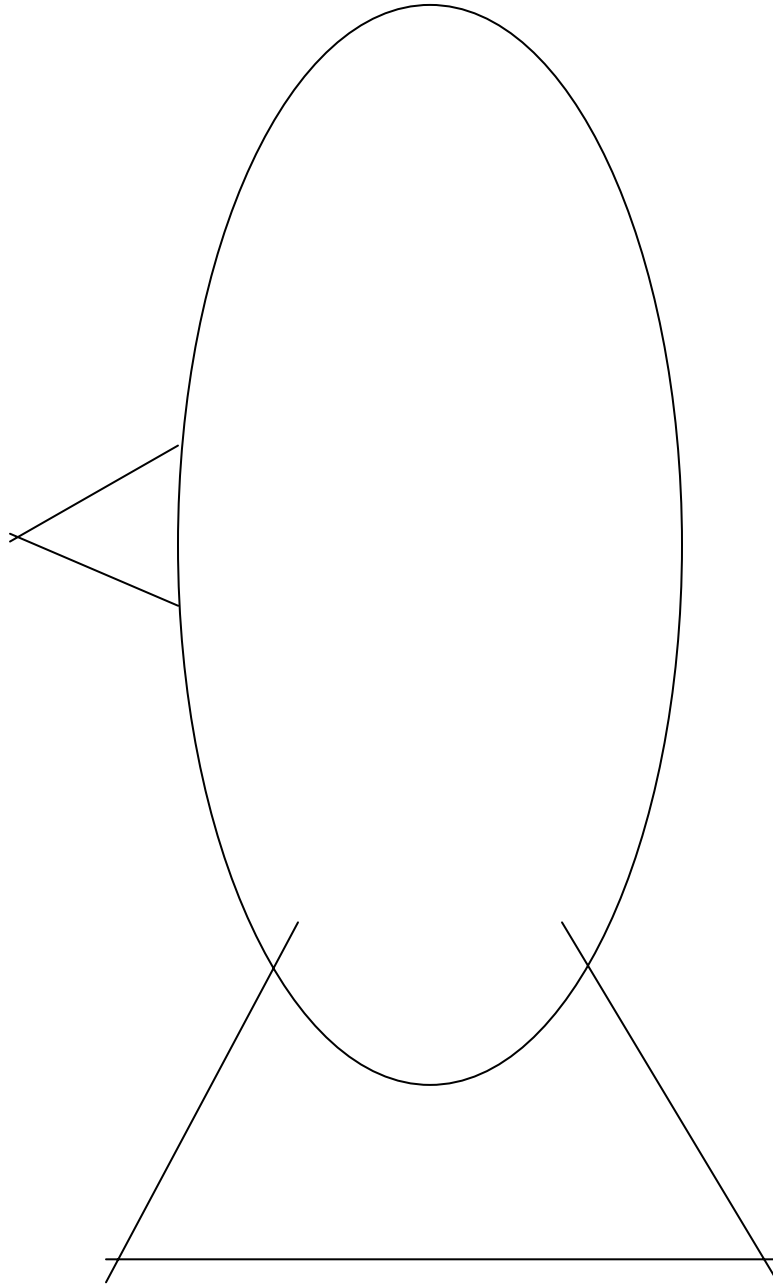
Name: _____



Monday		Tuesday		Wed.		Thursday		Friday	
Time went to sleep	Time woke up	Time Went to sleep	Time woke up	Time went to sleep	Time woke up	Time went to sleep	Time woke up	Time Went to sleep	Time woke up
Total sleep time		Total sleep time		Total sleep time		Total sleep time		Total sleep time	

Please keep this paper in a safe place so you can record when you went to sleep and when you woke up for a whole week. Return it to school next _____. We will use the information to make a graph

Fish Pattern



Food for Fish Game

