Гоday:	Name:	
		Place child's picture here
Grains (6-11 servi		000
Fruits (2-4 servin		Food Guide Pyramid The Five Food Ocups are the Building blocks of the Food Guide Pyramid.
Vegeta (3-5 servin	bles 0000	
Meats (2-3 servin	& Proteins 000	Check off each day of the week as you complete it
Dairy (2-3 servin	(Sp.)	S M T W
Water (depends o		My reward for the week is
Healthy Eating Kid's C	hast	www.dofrumpmc.com