



with Timon and Pumbaa:
SAFETY SMART
 Healthy & Fit!

Name: _____

A VARIETY OF FOODS

Timon and Pumbaa learned that one way to stay healthy and fit is to eat a variety of foods. Do you eat a variety? List what you eat and drink in one day, including fats (like oil and butter) and sugar (like sugary drinks). Then place a check in the category each item fits into.

	What did you eat and drink? Check food and drink labels to see if there's added fat (oil or butter) and sugar.	Grain	Vegetable	Fruit	Dairy	Meat, Beans, Nuts	Fats, Sugars
Breakfast							
Lunch							
Dinner							
Snacks							