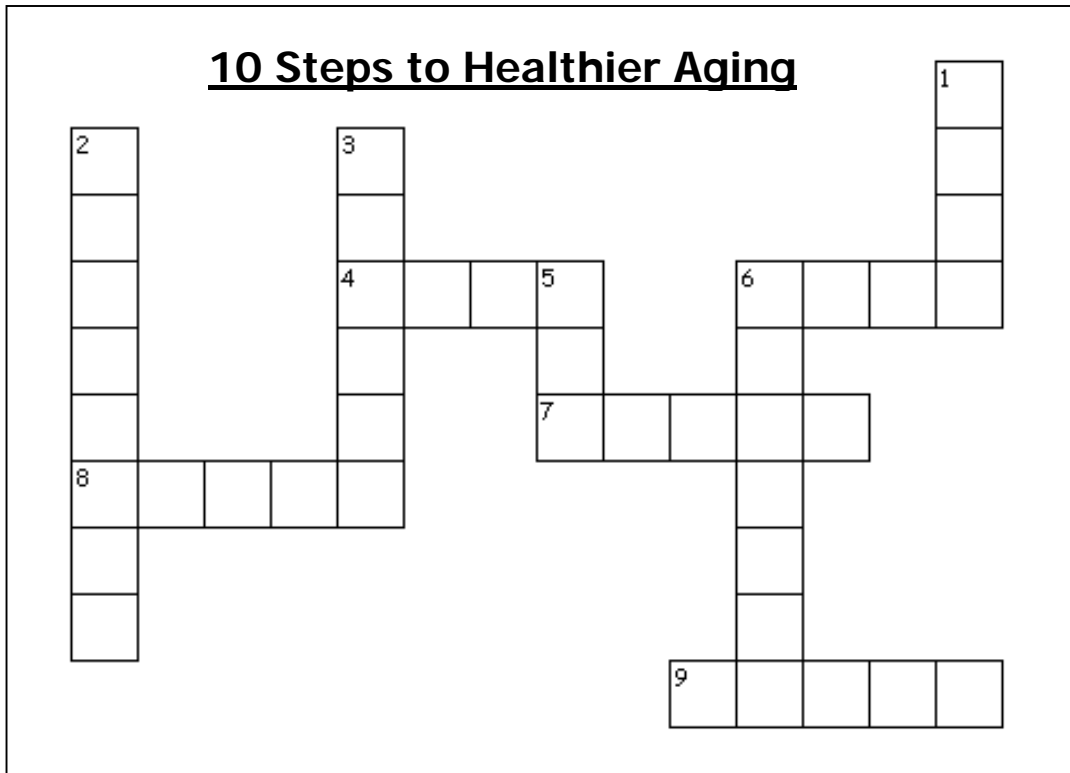


Lunch and Learn Placemat



Across

4. Set realistic goals to eat better and ___ more.
6. Make ___ food choices.
7. Start ___.
8. Choose physical activities you ___.
9. Plan ahead what you'll eat or ___ today to reach your nutrition goal.

Down

1. Walking is a safe way to become ___ active.
2. Record your ___.
3. Ask a buddy or ___ member to join you.
5. ___ sensible portion sizes.
6. Find an indoor place to be active in bad ___.

Summer is a great time for eating well and being active!



- ✓ Eat of variety of fruits (fresh, frozen, canned, or dried).
- ✓ Eat dark green vegetables such as broccoli or kale, and orange vegetables such as carrots, sweet potatoes, or winter squash.
- ✓ Eat beans and peas such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- ✓ Eat fish, beans, nuts, and seeds.
- ✓ Be physically active for at least 30 minutes most days of the week.

