



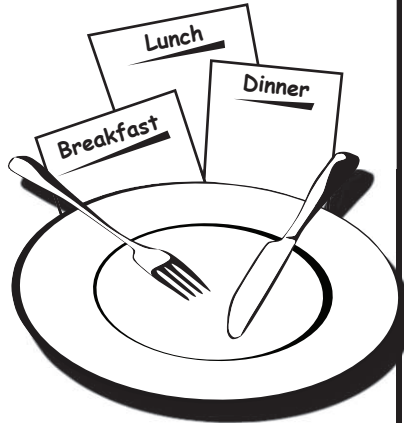
Do the menus limit foods that contain solid fats and added sugars?

Are the menus affordable for the family?

Are the menus fairly easy to prepare?

Will all the family members like the food and beverages selected?

**When you are finished, talk with an adult family member or other trusted adult about your answers. See if he or she has ideas to add.**



## Get More Information Online!

Share these websites with your family. Suggest that you visit them together. If you do not have Internet access at home, go to the library. Ask to use their computers.

Find out more about the United States Department of Agriculture's MyPlate and what foods are recommended for healthy eating. Visit this website at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). This website also lets you create a personal plan for what to eat by entering your age, gender, and activity level

The United States Department of Agriculture has many other useful sites. Try these.

Food and Nutrition Services:  
[www.fns.usda.gov](http://www.fns.usda.gov)  
Food and Nutrition Information Center:  
<http://fnic.nal.usda.gov>

Kids.gov: the U.S. Government's Official Web Portal for Kids has great information for young people on lots of different topics including health. Visit it at [kids.usa.gov](http://kids.usa.gov).

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## Eating Healthy Foods at Home

We have discussed the family worksheet, "Eating Healthy Foods at Home."

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*Signature of a Family Member or Other Trusted Adult*

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*Signature of Student*