



HOMEPLAY: Plan Meals and a Shopping List

For this activity you will plan meals based on foods you like and create a shopping list so you have all the foods you need to make a healthy and delicious meal.

STEP 1

Plan two meals for this week! Look through a flyer or on the grocery store website for specials on healthy foods. Make sure each meal has foods from the [Fit 5 Plate](#). Try to include vegetables and fruits, protein (meats and beans) and whole grain foods at each meal.

Healthy Foods

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

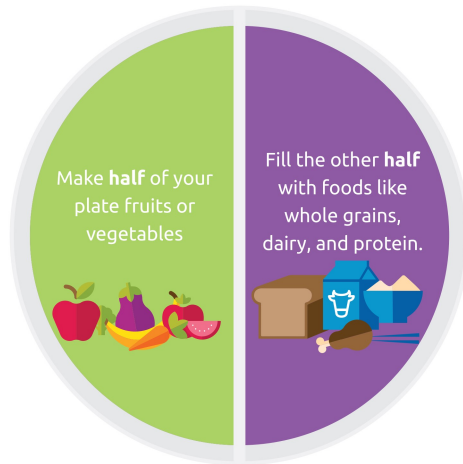
- Grains**
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole grain Bread
 - Whole Grain Pasta
 - Whole Grain Crackers
 - Tortilla
 - Flatbread and Roti
- Dairy**
 - Low-Fat or Skim Milk
 - Low-Fat Cheese
 - Low-Fat, unsweetened yogurt
 - Cottage Cheese
- Fruits**
 - Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
 - Frozen Fruits
 - Canned fruits (pick options with no added sugar)
 - Dried Fruits: Raisins, Bananas, Apricots
 - Seasonal Fruits
- Meats and Beans**
 - Lean Meats
 - Eggs
 - Fish (Frozen, Fresh or canned)
 - Tofu
 - Nuts
 - Nut Butters
 - Beans, Legumes and Pulses
- Vegetables**
 - Fresh: Asparagus, Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
 - Lettuces and Dark Leafy Greens
 - Frozen Vegetables
 - Salads
 - Canned Vegetables
- Water**

Special Olympics
Fit 5 Guide **21**

Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.

List your meals on the cards below and on the next page.

Meal 1: _____

Ingredients: Vegetables & Fruits: _____

Whole Grains: _____

Proteins: _____

Directions: _____

Meal 2: _____

Ingredients: Vegetables & Fruits: _____

Whole Grains: _____

Proteins: _____

Directions: _____

STEP 2

Write your shopping list. Remember that it is easier to shop if the food on your list is in the same order as you will find it when you walk through the store.

Shopping List

Vegetables & Fruits:	Whole Grains:	Proteins:	Other:
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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MAKE IT A HABIT

My Meal Planning and Grocery Shopping Plan:

I will plan meals on _____
(day/time)

and shop on _____
(day/time)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**