**Family Meal**

Plan a healthy, balanced meal (breakfast, lunch, or dinner) for your family to enjoy. The meal must include at least one food from every food group.

**Optional:**

Take pictures of the meal and email them to Mrs. J. Larson at [jlarson@fpcahinesville.com](mailto:jlarson@fpcahinesville.com)

*Circle the meal you plan to prepare for your family.*

Breakfast Lunch Dinner

*On the lines provided, write what you plan to make for your family.*

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*On the lines provided, write a grocery list of all the ingredients you will need to make the meal.*

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**Review Card for Family**

*Please circle the best answer for each question.*

1. How colorful was the meal? Very Colorful Little Color No Color
2. Were all food groups included in the meal? Yes No
3. How delicious was the meal? Very Delicious Delicious Not Delicious
4. Will this meal be prepared again? Yes No
5. Please write your personal opinion of the meal on the lines provided:

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**Optional:**

Take pictures of the meal and email them to Mrs. J. Larson at jlarson@fpcahinesville.com