

Webelos Fitness Badge

#2 - Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.

Meal	Number of servings in each group				
<u>DATE:</u>	<u>Bread/cereal/ rice/pasta</u>	<u>Vegetables</u>	<u>Fruits</u>	<u>Milk/yougurt/ cheese</u>	<u>Meat/poultry/ fish/eggs/nuts</u>
Breakfast					
Lunch					
Afternoon Snack					
Dinner					
Evening Snack					
DAILY TOTALS					