**Healthy Choices**

**Step 1.** Using the cafeteria menus provided, circle all of the foods that you think would be considered healthy based on the classroom discussion.

**Step 2.** For the next three days, choose the healthiest option for each meal and write it in the table below. If you do not feel that something on the list is a healthy choice, you may choose a salad. If a salad bar is not available, write “no healthy choice.” Make sure to list all components of the healthy meal (e.g., vegetable, grain, protein, and fruit). If you do not think that you would eat the healthiest choice, write down the second healthiest.

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| --- | --- | --- | --- |
|  | **Tomorrow** | **Day after tomorrow** | **The day after that** |
| Breakfast |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |

**Step 3.** Answer the following questions.

1. Looking at tomorrow’s menu, why do you think that these foods are healthiest?
2. Is there anything missing from the menu that might round out your healthy choices?
3. If you feel like something is missing or a healthy choice is not available at a given meal, how could you request a healthy choice? Is there someone you could talk to?