

What's in my Kitchen?

Scavenger Hunt

_____ Green vegetable +1 point What is it? _____

_____ Bottled Water +1

_____ Soda -1



_____ Protein +1 What is it? _____

_____ Fruit +1 What is it? _____

_____ Candy -1

_____ Dairy +1



How many points did you end up with? 3 _____

The more points you have, the healthier you're eating!