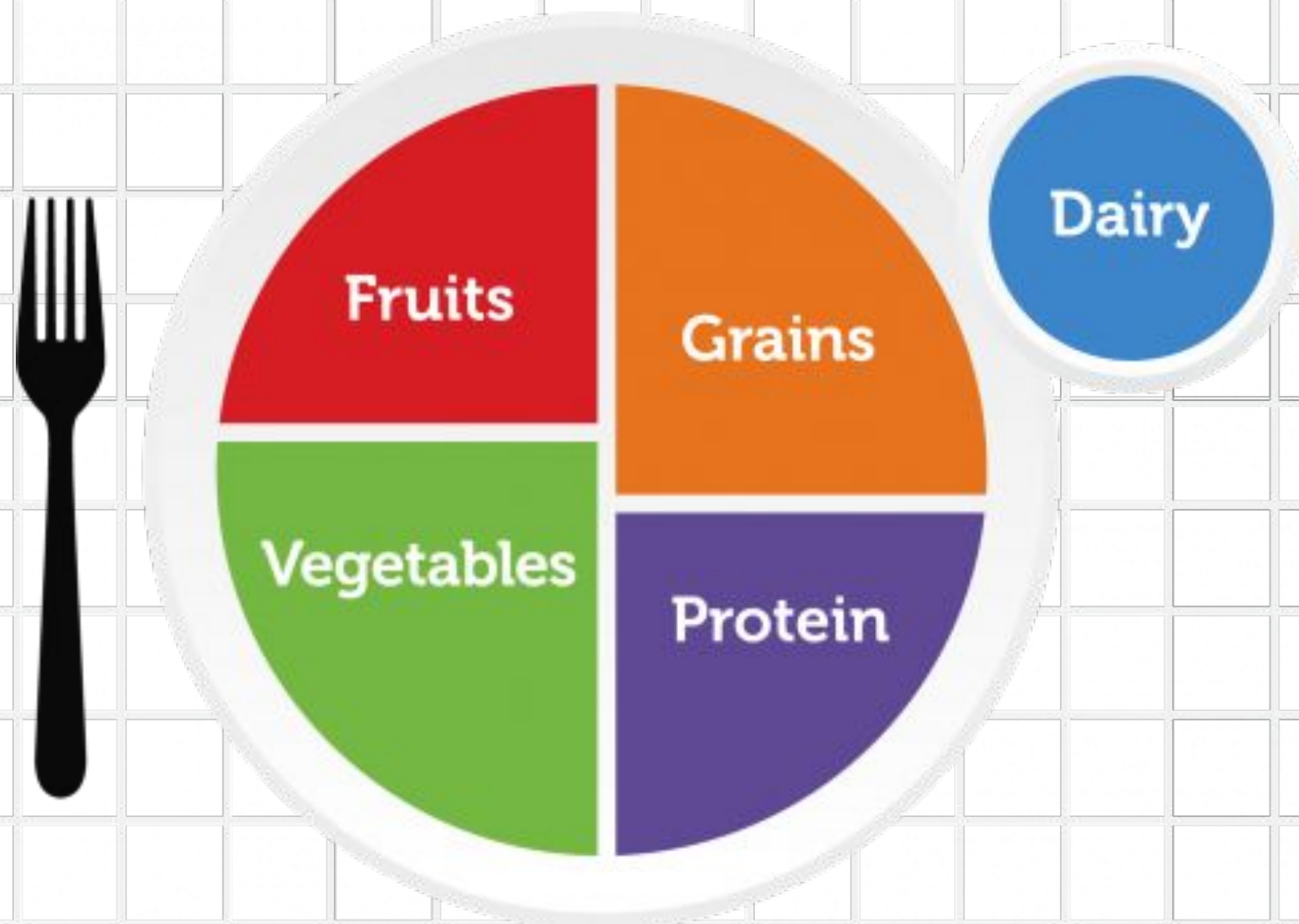




# Food! with Gracie



# “Healthy Plate” Activity



## Instructions!

- Form a group of 3-4 people
- Get a piece of **paper** and a **pencil/pen**
- You will be assigned fruits, vegetables, grains, protein, or dairy
- You **90 seconds** to write as many foods as you can think of (IN ENGLISH!)
- When you write a food, pass the paper to the next group member

**90 Second Timer!**

# School Lunches!

Discussion:

- Do you eat lunch at school?
- If yes, what do you eat?



What's for Lunch in Ankeny, Iowa?

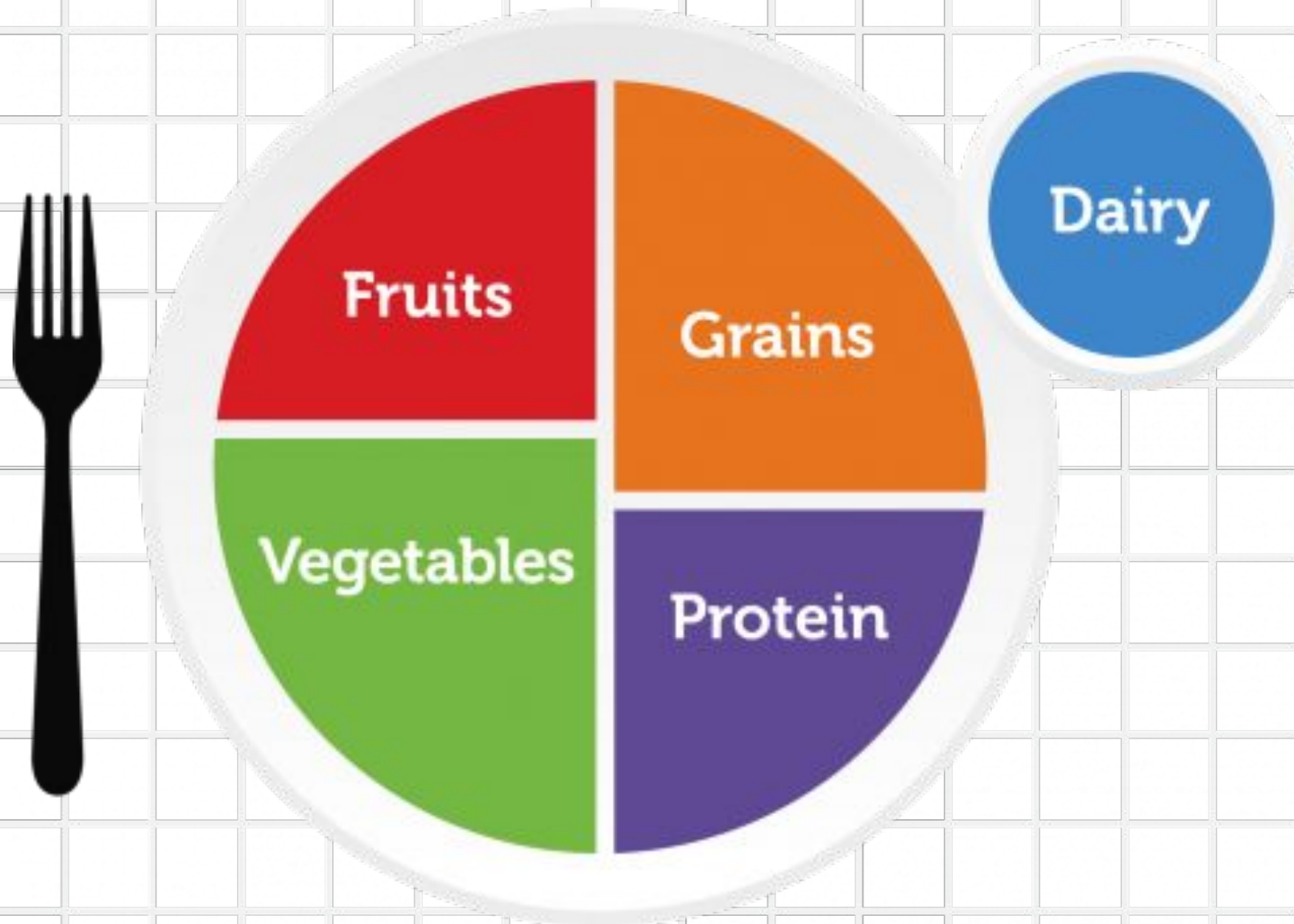


## British High Schoolers try Thanksgiving Food



Thanksgiving Food!

# Make a Healthy Plate With Thanksgiving Food!

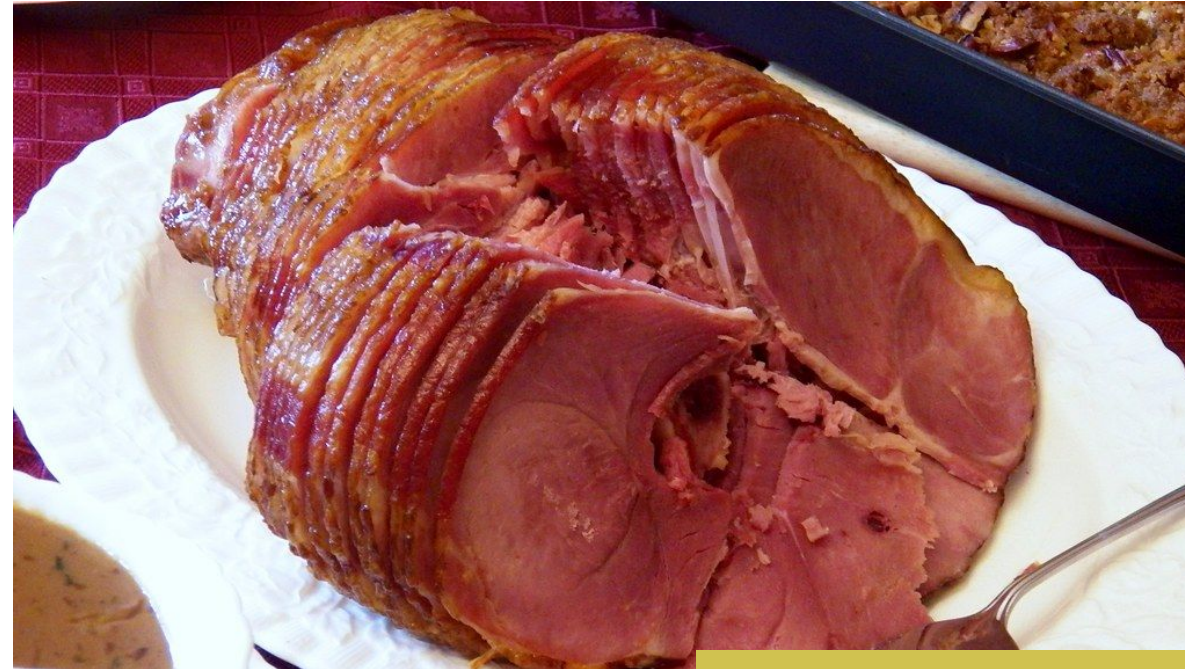


Thanksgiving Food!

# Protein! (Choose one)



**Turkey**



**Ham**

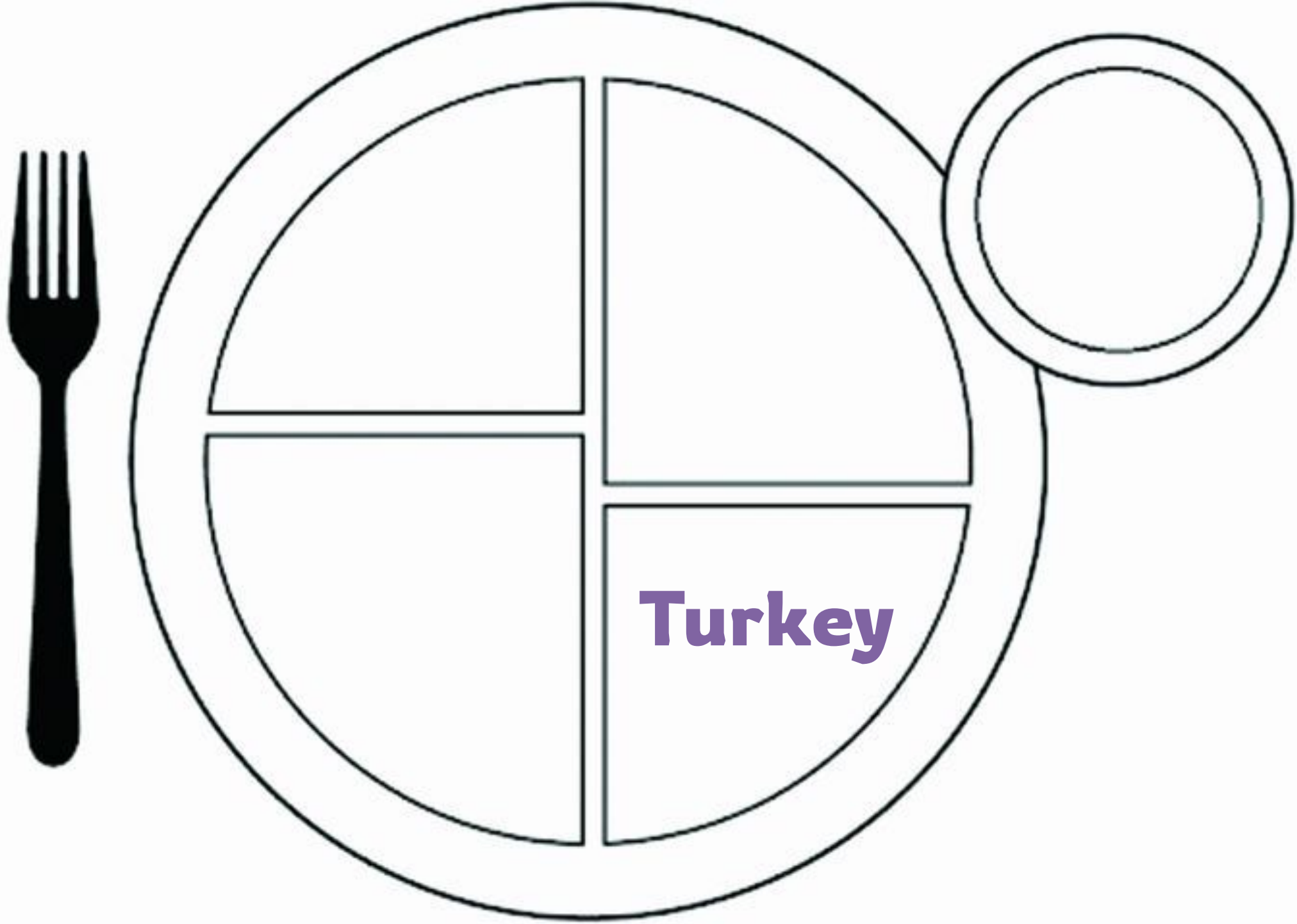


**Meatballs**



**Vegan  
Meatloaf**

**Gracie's Choices!**



# Vegetable! (Choose two)



**Honey-Roasted  
Carrots**



**Roasted Brussel  
Sprouts**



**Sweet Potato  
Casserole**

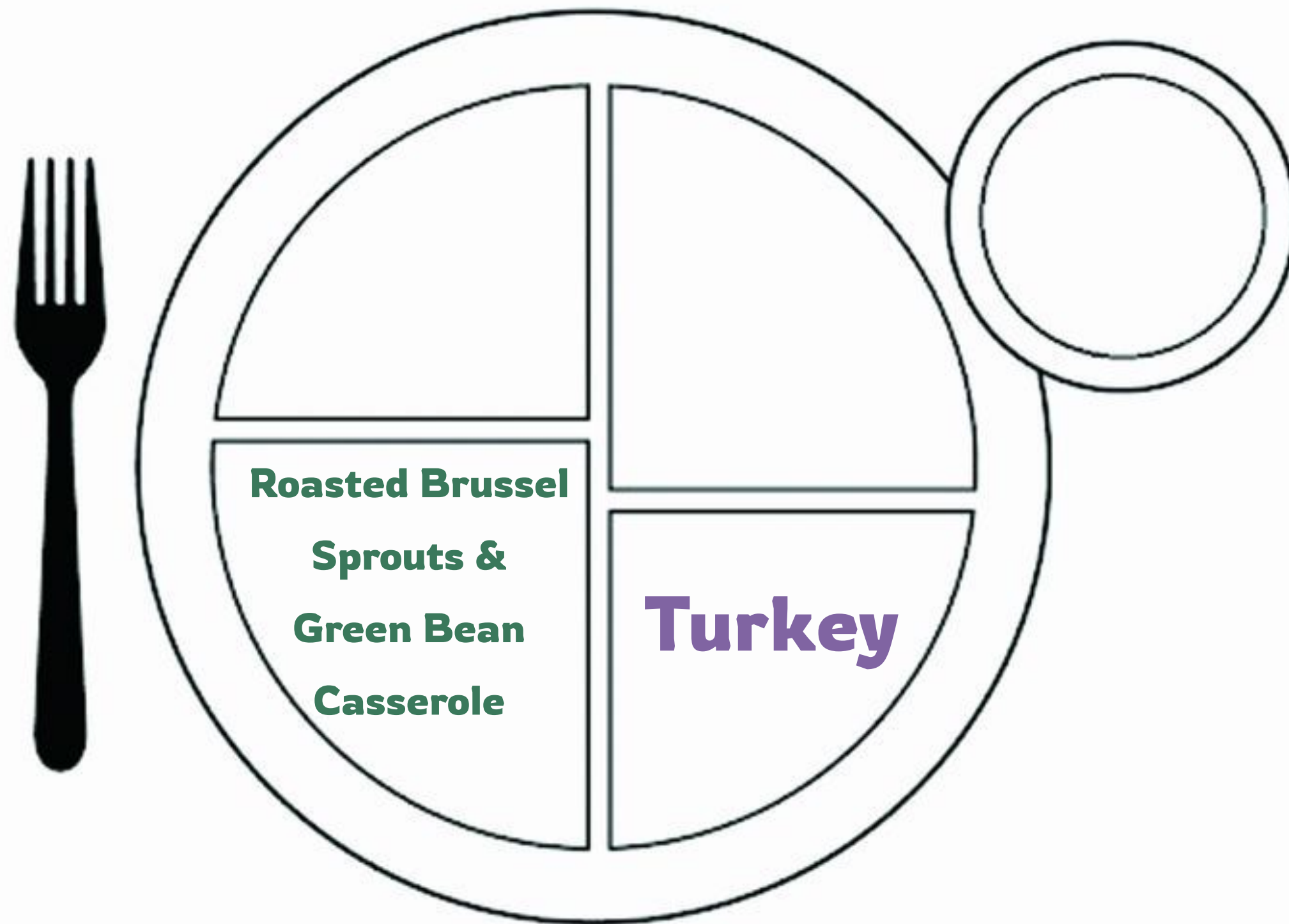


**Mashed Potatoes**

**Green Bean  
Casserole**



# Gracie's Choices!



# Fruit! (Choose one)

**Fruit Salad**



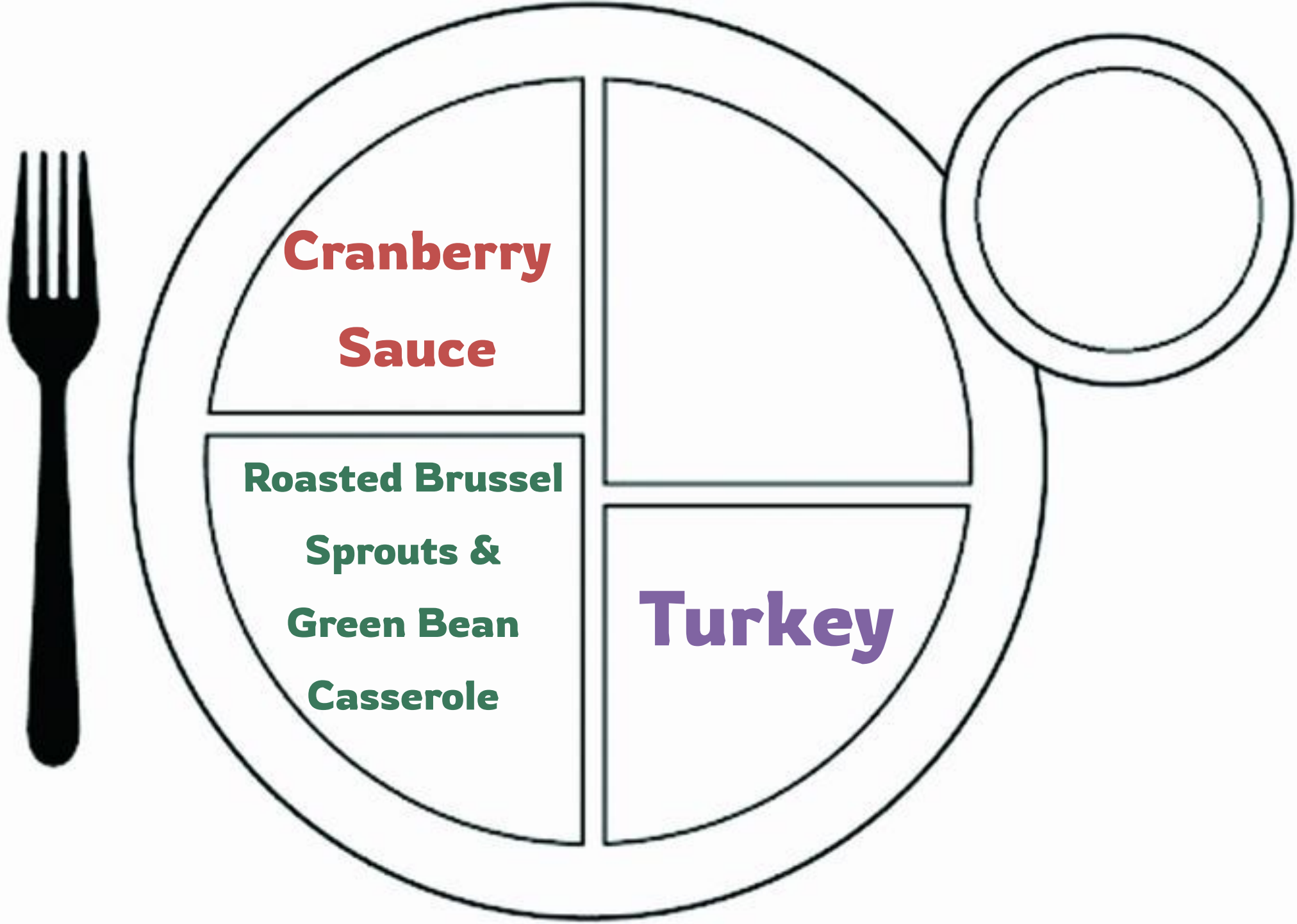
**Cranberry  
Sauce**



**Fruit Turkey**



# Gracie's Choices!



# Grains (Choose one)



**Dinner Roll**



**Croissant**

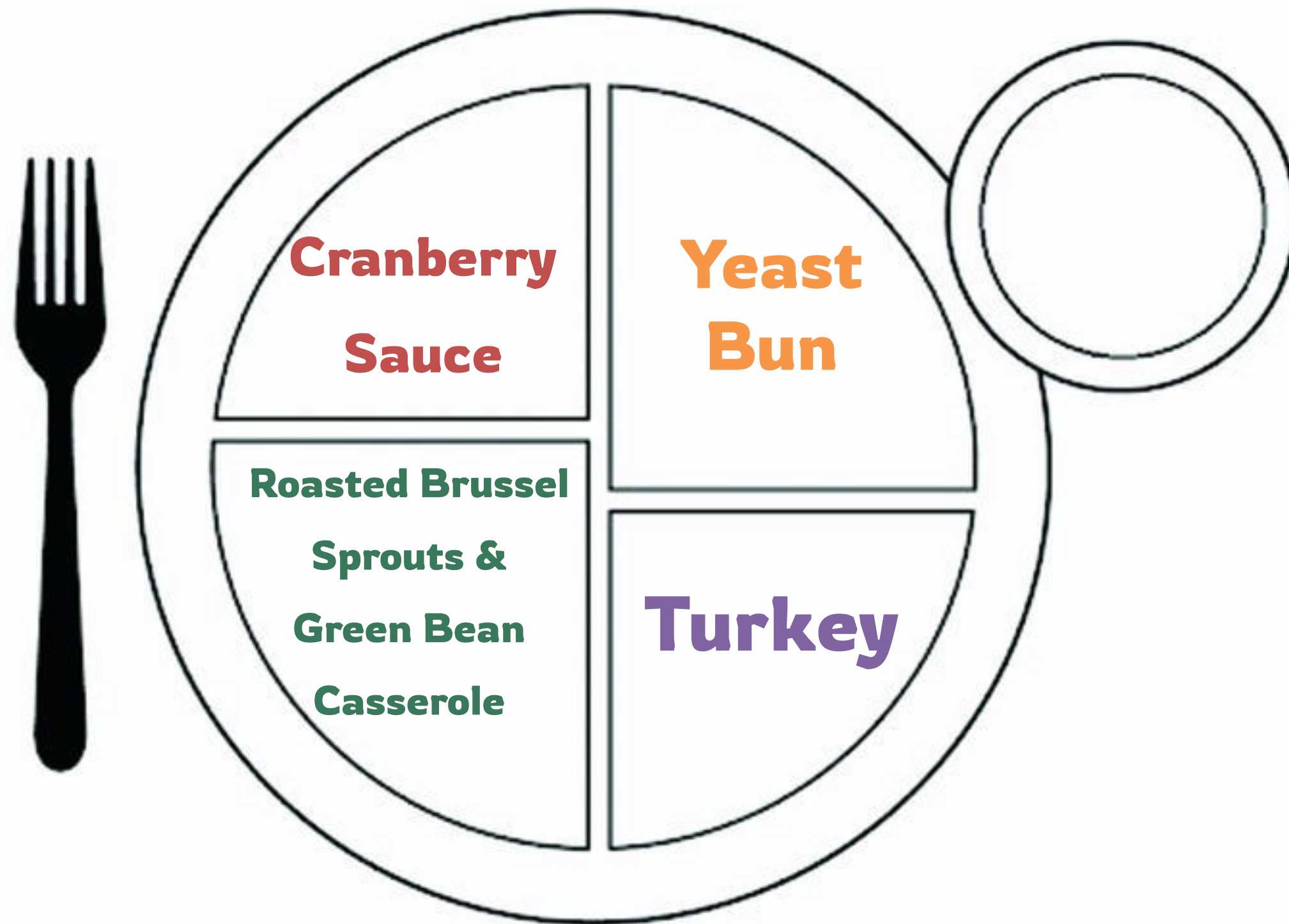


**Stuffing**



**Macaroni and Cheese**

# Gracie's Choices!



# Dairy (Choose one)



**Baked Brie**



**Glass of Milk**

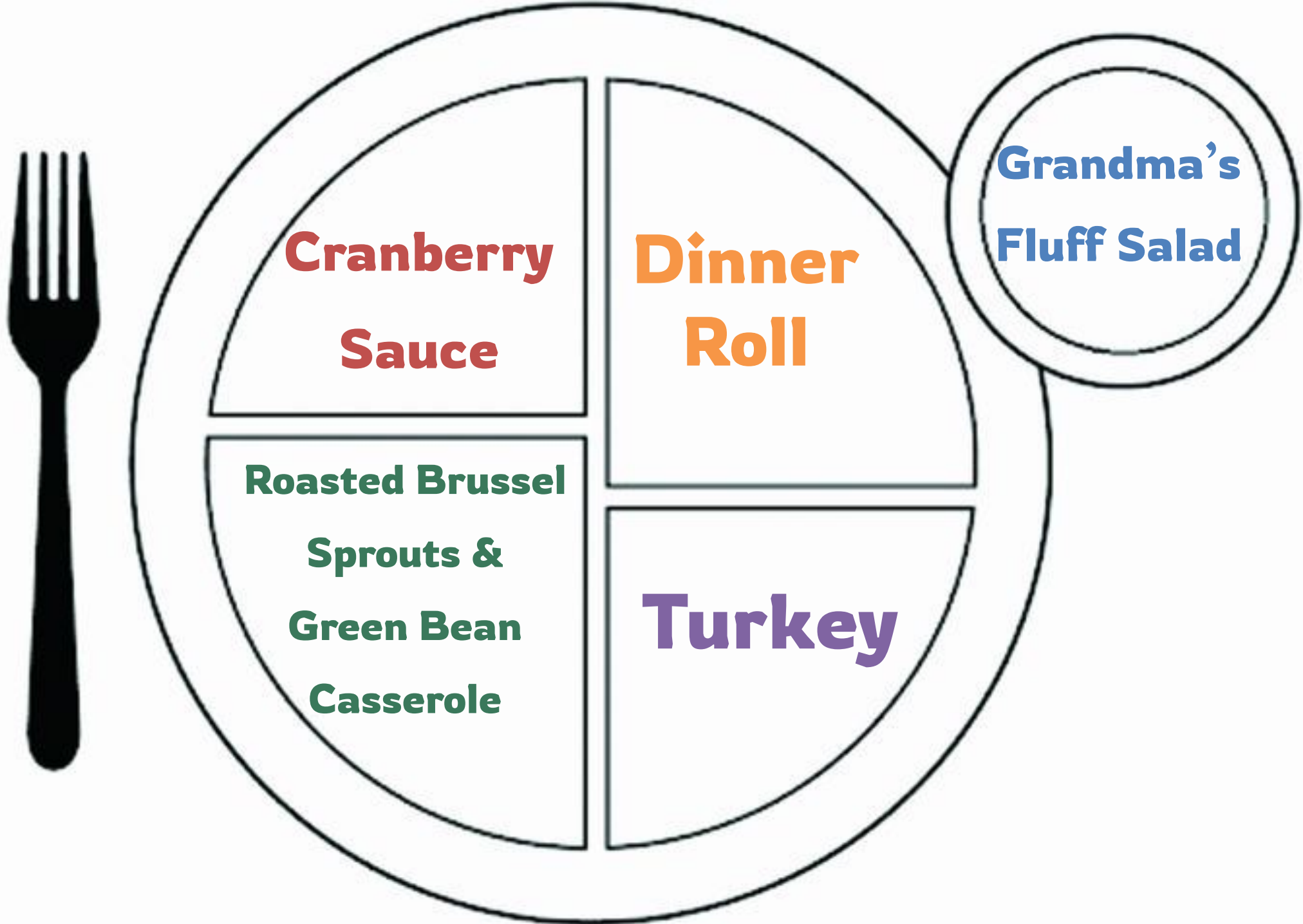


**Grandma's Fluff  
Salad**



**Cheesy Potatoes**

# Gracie's Choices!



# Don't Forget Dessert!



**Pumpkin Pie**



**Pecan Pie**



**Apple Pie**



**Berry Pie**

# The End

