

Find a Person Who...

Directions: Find members of your group that are already participating in a healthful lifestyle. Have a different person sign in each block.

1. Adds salt to food at the table, not at the stove.



2. Drinks lowfat (1% or skim) milk.



3. Starts the day with a whole grain cereal.



4. Eats dark green leafy vegetables every day.



5. Achieves 30-60 minutes of physical activity most days of the week.



6. Is not a member of the “clean plate” club.



7. Grabs a healthy snack when hungry.



8. Drinks 8 glasses of water daily.



9. Uses a thermometer at home to check temperatures of meats.



10. Has been to the website www.MyPyramid.gov

