



HEALTHY EATING

STUDENT NAME _____ AGE _____

Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead of what you wanted to eat. Once you filled in ten healthy choices, turn in your sheet to receive an attitude stripe.

- 1. I CHOSE : _____ INSTEAD OF: _____
- 2. I CHOSE : _____ INSTEAD OF: _____
- 3. I CHOSE : _____ INSTEAD OF: _____
- 4. I CHOSE : _____ INSTEAD OF: _____
- 5. I CHOSE : _____ INSTEAD OF: _____
- 6. I CHOSE : _____ INSTEAD OF: _____
- 7. I CHOSE : _____ INSTEAD OF: _____
- 8. I CHOSE : _____ INSTEAD OF: _____
- 9. I CHOSE : _____ INSTEAD OF: _____
- 10. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 11. I CHOSE : _____ INSTEAD OF: _____
- 12. I CHOSE : _____ INSTEAD OF: _____
- 13. I CHOSE : _____ INSTEAD OF: _____
- 14. I CHOSE : _____ INSTEAD OF: _____
- 15. I CHOSE : _____ INSTEAD OF: _____
- 16. I CHOSE : _____ INSTEAD OF: _____
- 17. I CHOSE : _____ INSTEAD OF: _____
- 18. I CHOSE : _____ INSTEAD OF: _____
- 19. I CHOSE : _____ INSTEAD OF: _____
- 20. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 21. I CHOSE : _____ INSTEAD OF: _____
- 22. I CHOSE : _____ INSTEAD OF: _____
- 23. I CHOSE : _____ INSTEAD OF: _____
- 24. I CHOSE : _____ INSTEAD OF: _____
- 25. I CHOSE : _____ INSTEAD OF: _____
- 26. I CHOSE : _____ INSTEAD OF: _____
- 27. I CHOSE : _____ INSTEAD OF: _____
- 28. I CHOSE : _____ INSTEAD OF: _____
- 29. I CHOSE : _____ INSTEAD OF: _____
- 30. I CHOSE : _____ INSTEAD OF: _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____