



Healthy Kids Nutrition Report Card

NAME _____

STUDENTS

ages 6 to 18*

EVALUATED BY _____

www.lunchlessons.org

Official Grading Scale below

FOOD CHOICES

Goals

Good

Better

Best

Vegetables

4-9 servings

Fruits

3-5 servings

Whole Grains

4-9 servings

Lean Protein

2-3 servings

Healthy Fats

3-4 servings

Calcium

2-3 servings

Red Meat

less than 2-3
servings per week

Added sugars and fats

rarely

Grading Scale:

Good = Met most requirements

Better = Met all requirements

Best = Met all requirements
with local and organic
ingredients

Daily Checklist:

exercise

sleep

water

safety

fun

Chef Ann's Healthy
Kids Nutrition
Report Card was
developed by Chef
Ann Cooper, in
collaboration with
Hailey London, R.D.

* younger ages = less servings



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