

Healthy Kids Nutrition Report Grd

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CONTINUENTEC	EXALLIATED DX
STUDENTS	EVALUATED BY

ages 6 to 18*

www.lunchlessons.olg

Official Grading Scale below			$\overline{B_{etter}}$	st / s
FOOD CHOICES	Goals	Poog	Be	B_{est}
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

 Met all requirements with local and organic ingredients

* younger ages = less servings

Daily Checklist:

fun

exercise sleep water safety Chef Ann's Healthy
Kids Nutrition
Report Card was
developed by Chef

Ann Cooper, in collaboration with Hailey London, R.D.



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NAME		
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