

Name _____

Eating the Rainbow: The Magical Benefits of a Balanced Diet

Open-Ended Response Questions

1. Imagine a day without eating any fruits or vegetables. How would it make you feel physically and mentally?
2. Discuss how a balanced diet can positively impact your long-term health and well-being.
3. Share a balanced meal plan for a day, including foods from all five main food groups.
4. Why is it important to read food labels and make informed choices when grocery shopping?

