Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grocery Store Frenzy**

**Breakfast:** (two minutes to shop)

-List your food choices

-Combined calories

**Lunch:** (two minutes to shop)

-List your food choices

-Combined calories

**Dinner:**(three minutes to shop)

-List your food choices

-Combined calories

**Snack:**(two minutes to shop)

-What is your snack choice?

-Why did you choose this as your snack?

List at least three reasons why these are healthy choices.

Bonus: Take one unhealthy option and modify it to make it healthier.