



Healthy Eating

Student Name: _____

Each time you choose healthy food over a sugary snack without being asked, write down what you chose to eat instead of what you wanted to eat. Once you have filled in ten healthy choices, turn in your form to receive a merit 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 Name & Signature: _____ Date: _____

Staff Signature: _____ Stripe Awarded: Date: _____

1. I chose: _____ Instead of: _____
2. I chose: _____ Instead of: _____
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