

Help Tommy make a healthy meal!

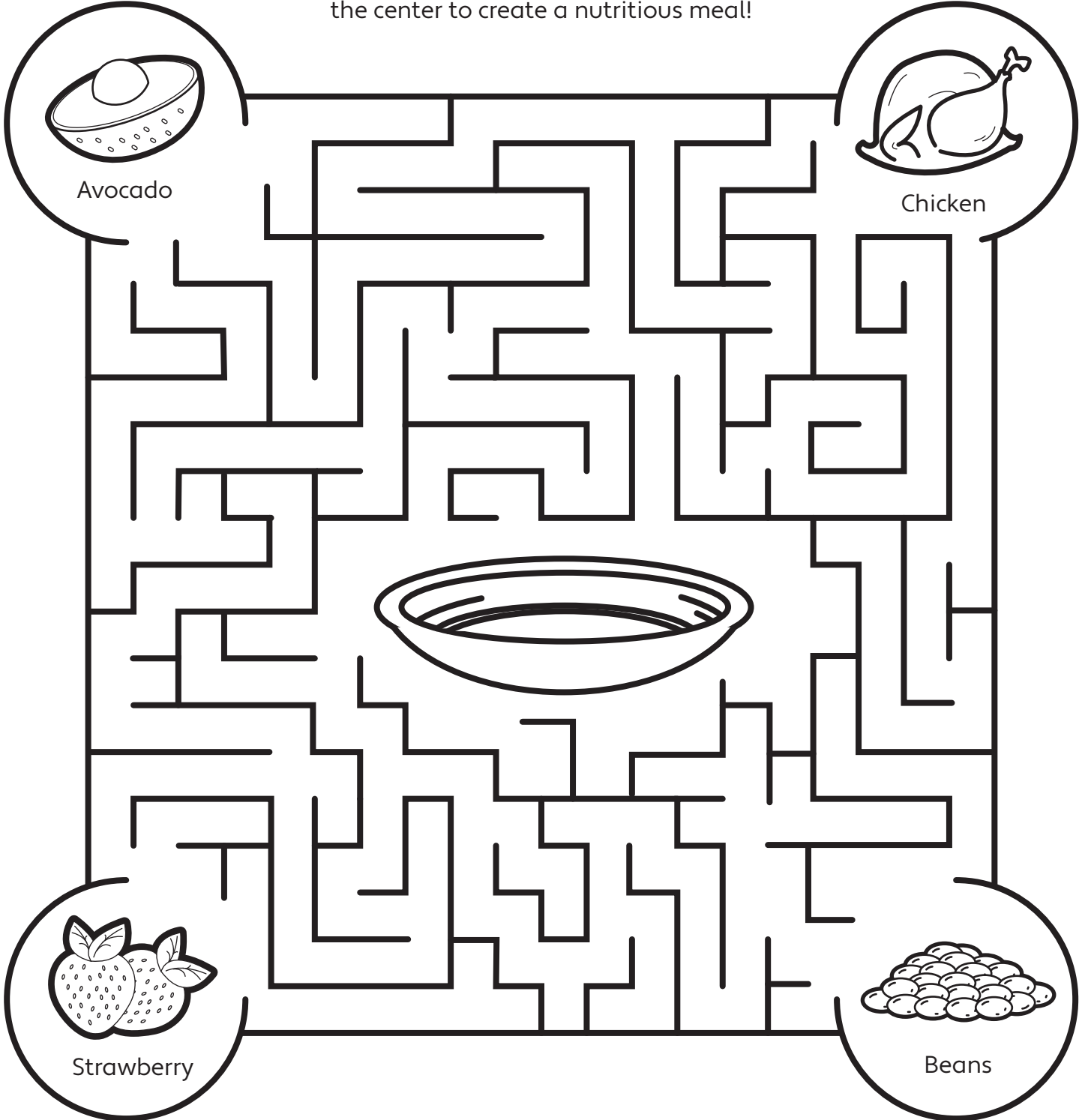
Tommy TopLine needs your help! Cut and color the different foods on page 3 to make a nutritious meal for Tommy. Remember to use at least one portion from each of the food groups to make sure his meal is well-balanced.



TopLine MD
Alliance

Find your way to a healthy plate

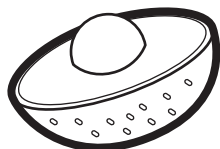
Find the path that leads each food group to your plate in the center to create a nutritious meal!



TopLine MD
Alliance

Tommy's Pantry

Cut and color the different foods in Tommy's pantry. Remember, Tommy needs at least one portion from each of the food groups to make sure his meal is well-balanced.



Avocado



Peanuts

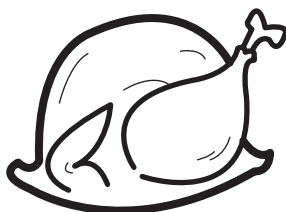


Salmon

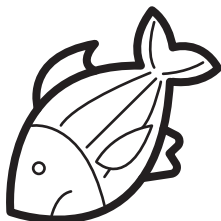


Coconut

Healthy Fats



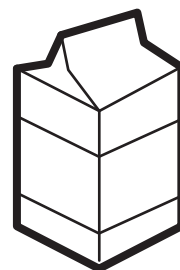
Chicken



Fish



Eggs



Milk

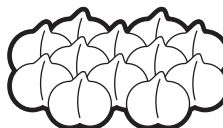
Proteins



Pasta



Beans

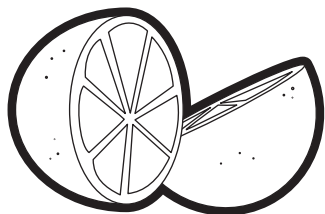


Chickpeas

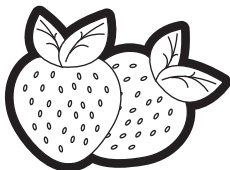


Lentils

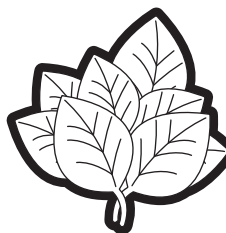
Carbohydrates



Orange



Strawberry



Spinach



Tomato

Vegetables & Fruits

