**FOOD BREAKDOWN**

Your job is to select the healthiest food from each category: drinks, boxed food, canned food, and prepackaged food. Record important information in the boxes below. Once you have selected all of your food items, write a persuasive statement as to why you have created the healthies meal.

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| --- | --- |
| Food item: Serving size & calories: First 3 ingredients: Other deciding factors: | Food item: Serving size & calories: First 3 ingredients: Other deciding factors: |
| Food item: Serving size & calories: First 3 ingredients: Other deciding factors: | Food item: Serving size & calories: First 3 ingredients: Other deciding factors: |

Why do you have the healthiest meal?