**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.

|  |  |
| --- | --- |
| 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?