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| **My Healthy Meal Checklist** | | |
| **Directions: Check whether you believe you had a happy or sad experience** | | |
| I wrote my name on the paper and the title of my project. | **http://www.bighappysmileyface.com/happy-face_happyface_smiley_2400x2400.jpg** | **http://t0.gstatic.com/images?q=tbn:ANd9GcS1XMOIMQKLKqyZ_5amIBikogEG3XxrJQOPpL0VeqBEMrxnAki1&t=1** |
| I have all six of the food groups in my meal (dairy, protein, sweets/oils, fruits and vegetables). | **http://www.bighappysmileyface.com/happy-face_happyface_smiley_2400x2400.jpg** | **http://t0.gstatic.com/images?q=tbn:ANd9GcS1XMOIMQKLKqyZ_5amIBikogEG3XxrJQOPpL0VeqBEMrxnAki1&t=1** |
| My project is easy to read, there are no spelling mistakes, and the food is neatly put on the plate. | **http://www.bighappysmileyface.com/happy-face_happyface_smiley_2400x2400.jpg** | **http://t0.gstatic.com/images?q=tbn:ANd9GcS1XMOIMQKLKqyZ_5amIBikogEG3XxrJQOPpL0VeqBEMrxnAki1&t=1** |
| All of the food on my plate is labeled with the food’s correct name.    **hamburger** | **http://www.bighappysmileyface.com/happy-face_happyface_smiley_2400x2400.jpg** | **http://t0.gstatic.com/images?q=tbn:ANd9GcS1XMOIMQKLKqyZ_5amIBikogEG3XxrJQOPpL0VeqBEMrxnAki1&t=1** |
| **Total:** |  |  |