



# 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: \_\_\_\_\_
3. I chose: \_\_\_\_\_ Instead of: \_\_\_\_\_
4. I chose: \_\_\_\_\_ Instead of: \_\_\_\_\_
5. I chose: \_\_\_\_\_ Instead of: \_\_\_\_\_
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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: \_\_\_\_\_