



Your team needs to help Freddie 4-Her (Boy) with food choices. He needs about 2800 calories a day and the recommended daily food group targets are explained on the next pages.

Your team will be selecting foods for lunch and a snack. Plan on ~ 700 calories for lunch and ~200 calories for snack.



Your team needs to help Frannie 4-Her (Girl) with food choices. She needs about 2200 calories a day and the recommended daily food group targets are explained on the next pages.

Your team will be selecting foods for lunch and a snack. Plan on ~ 500 calories for lunch and ~100 calories for snack.