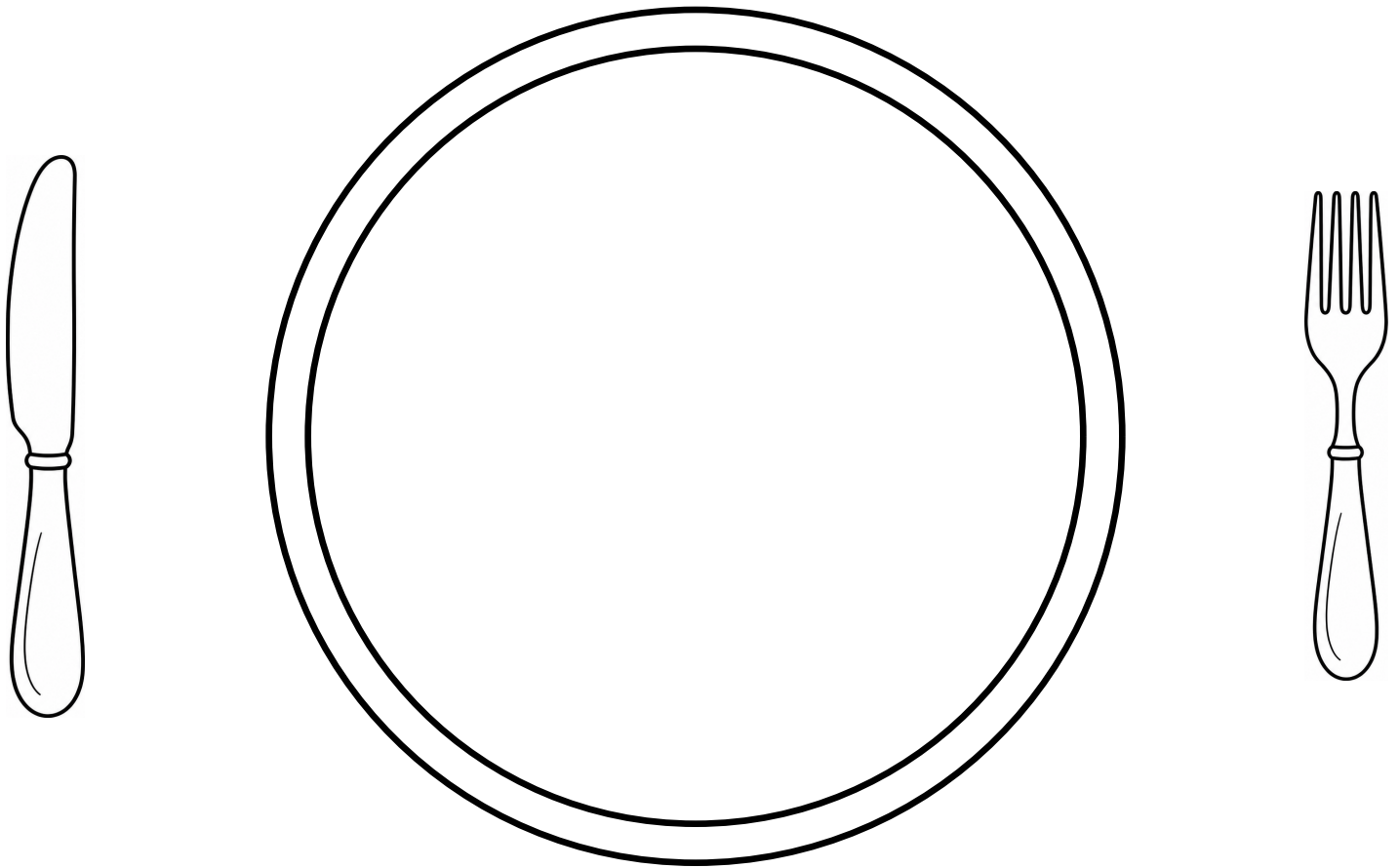


My Breakfast

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.
Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

My favorite food is: _____

Paper pretend play · There is no single right meal.

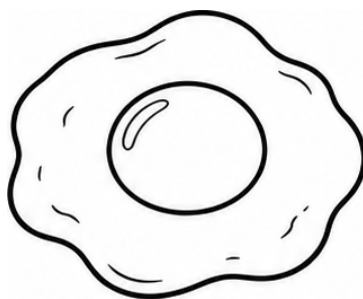
My Breakfast

Food cutouts · Page 2 of 2

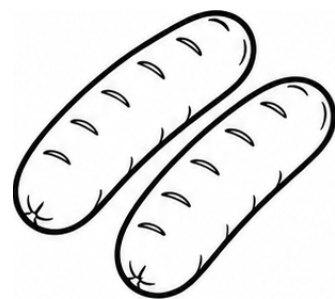
Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



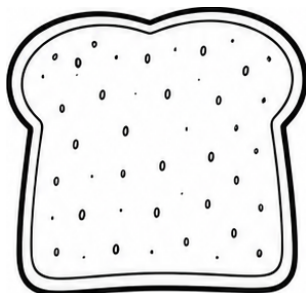
Bacon



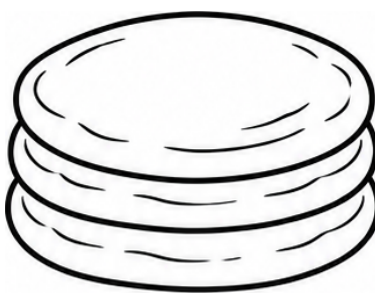
Fried egg



Sausages



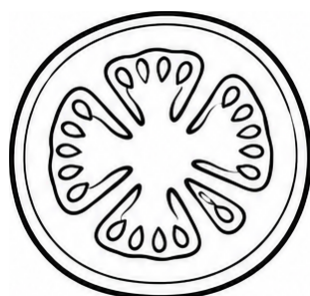
Toast



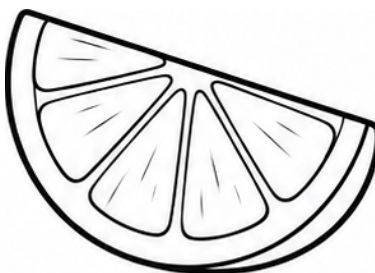
Pancakes



Mushroom



Tomato



Orange



Banana

Keep the pieces together. Mix foods from other mats in the pack.

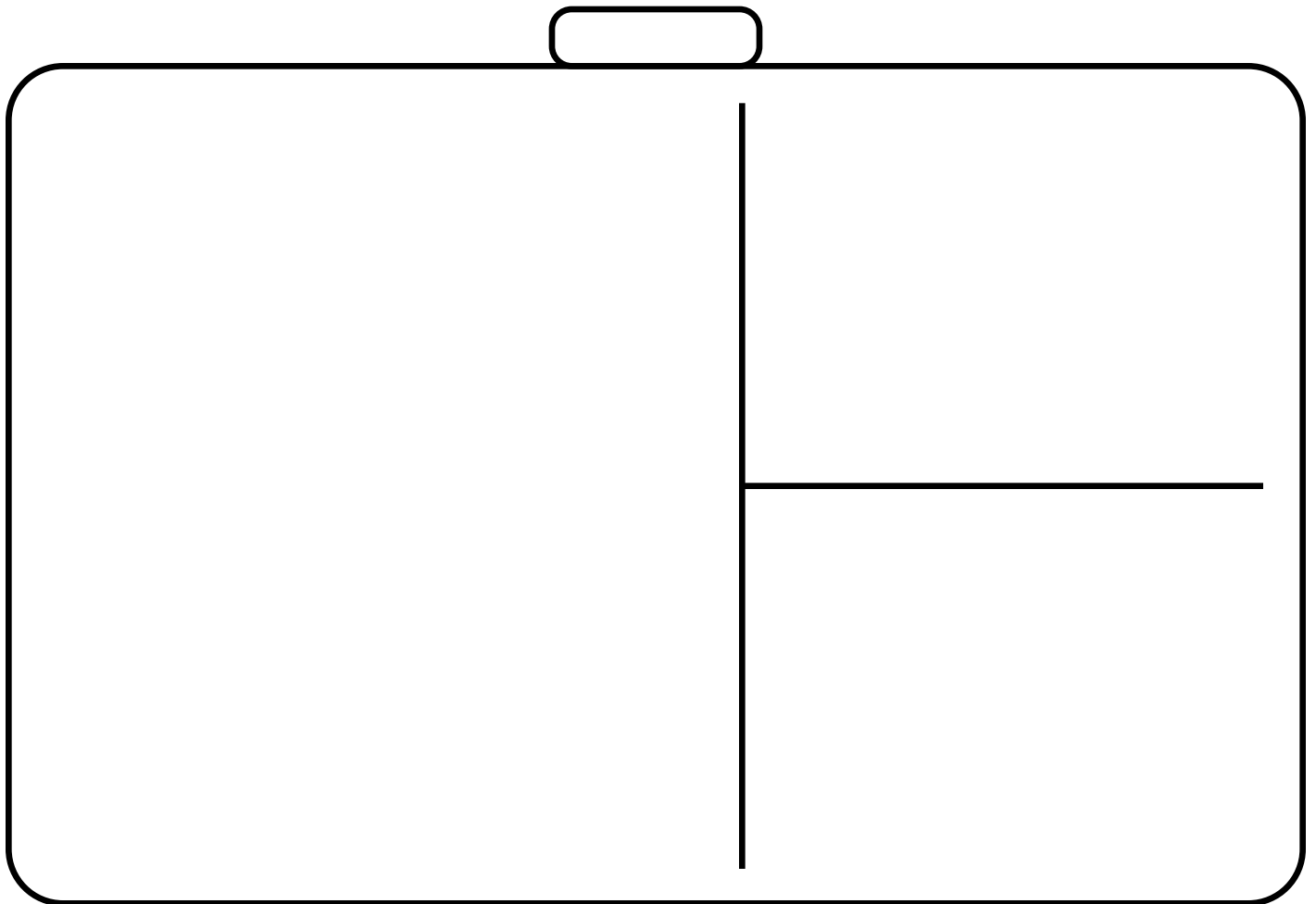
My Lunch

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.

Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

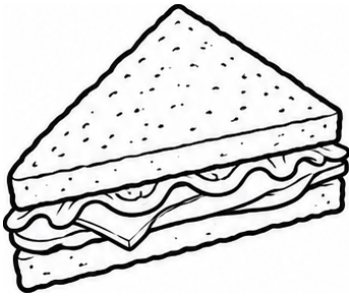
My favorite food is: _____

Paper pretend play · There is no single right meal.

My Lunch

Food cutouts · Page 2 of 2

Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



Sandwich



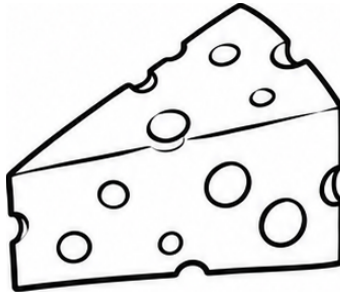
Cucumber



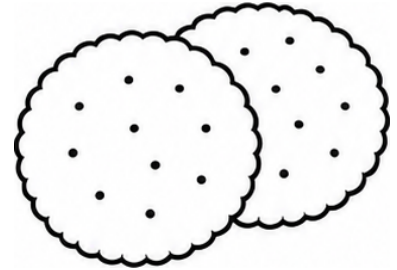
Carrot



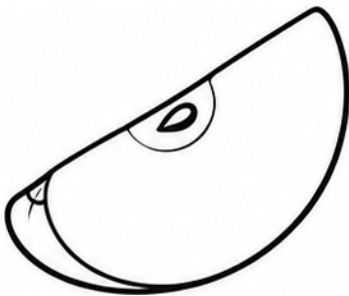
Lettuce



Cheese



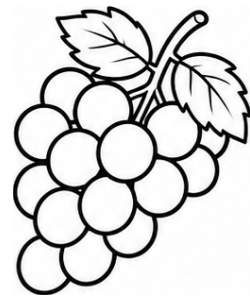
Crackers



Apple



Yogurt



Grapes

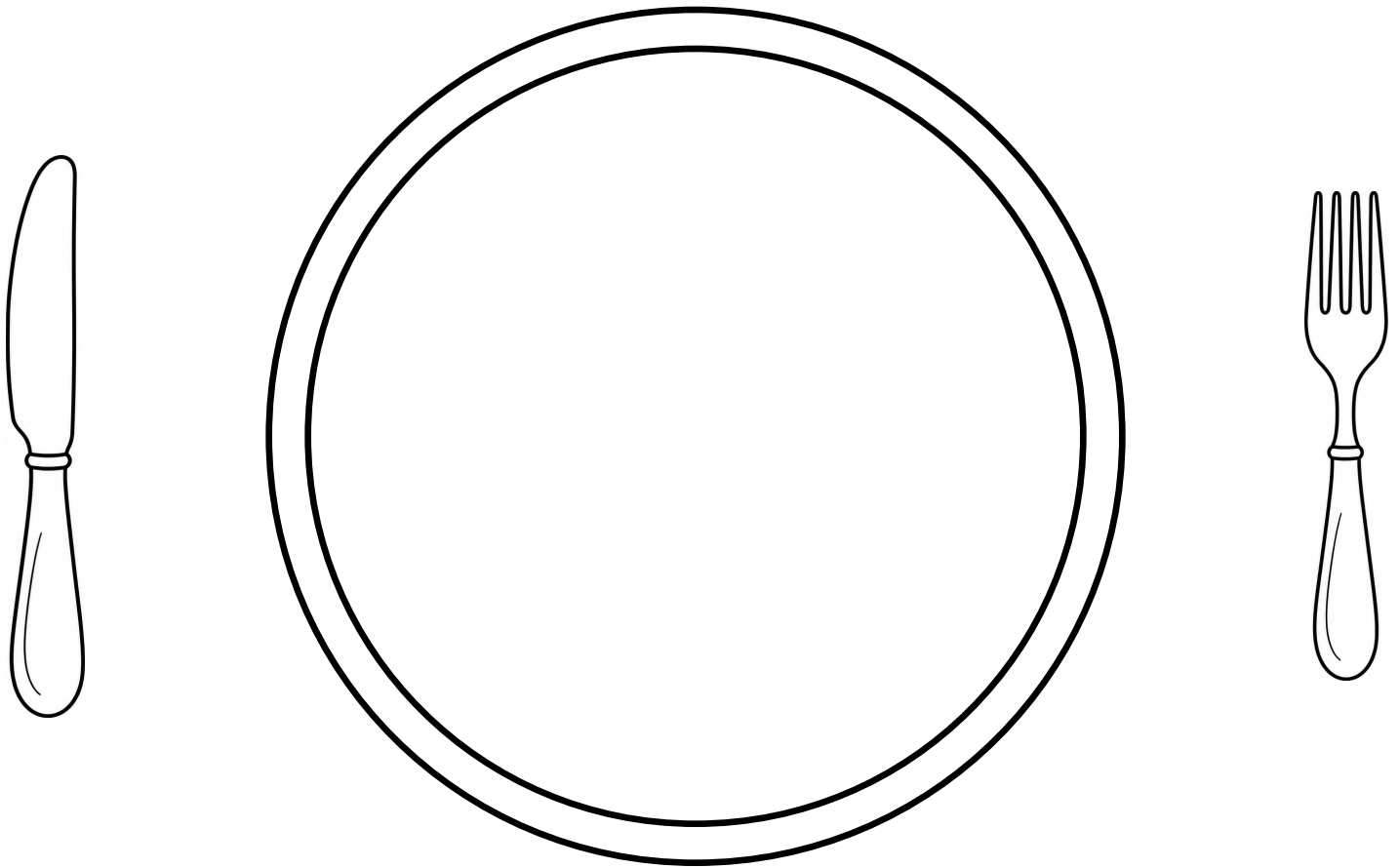
Keep the pieces together. Mix foods from other mats in the pack.

My Dinner

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.
Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

My favorite food is: _____

Paper pretend play · There is no single right meal.

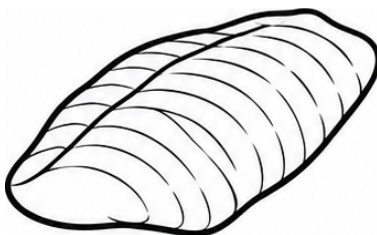
My Dinner

Food cutouts · Page 2 of 2

Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



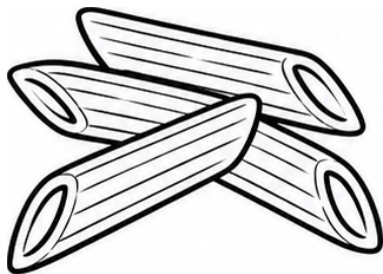
Chicken



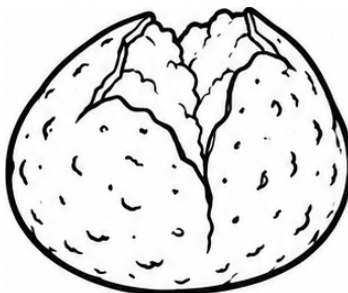
Fish



Rice



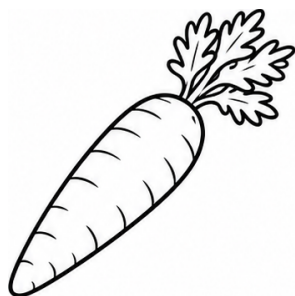
Pasta



Potato



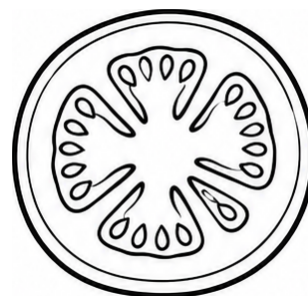
Broccoli



Carrot



Peas



Tomato

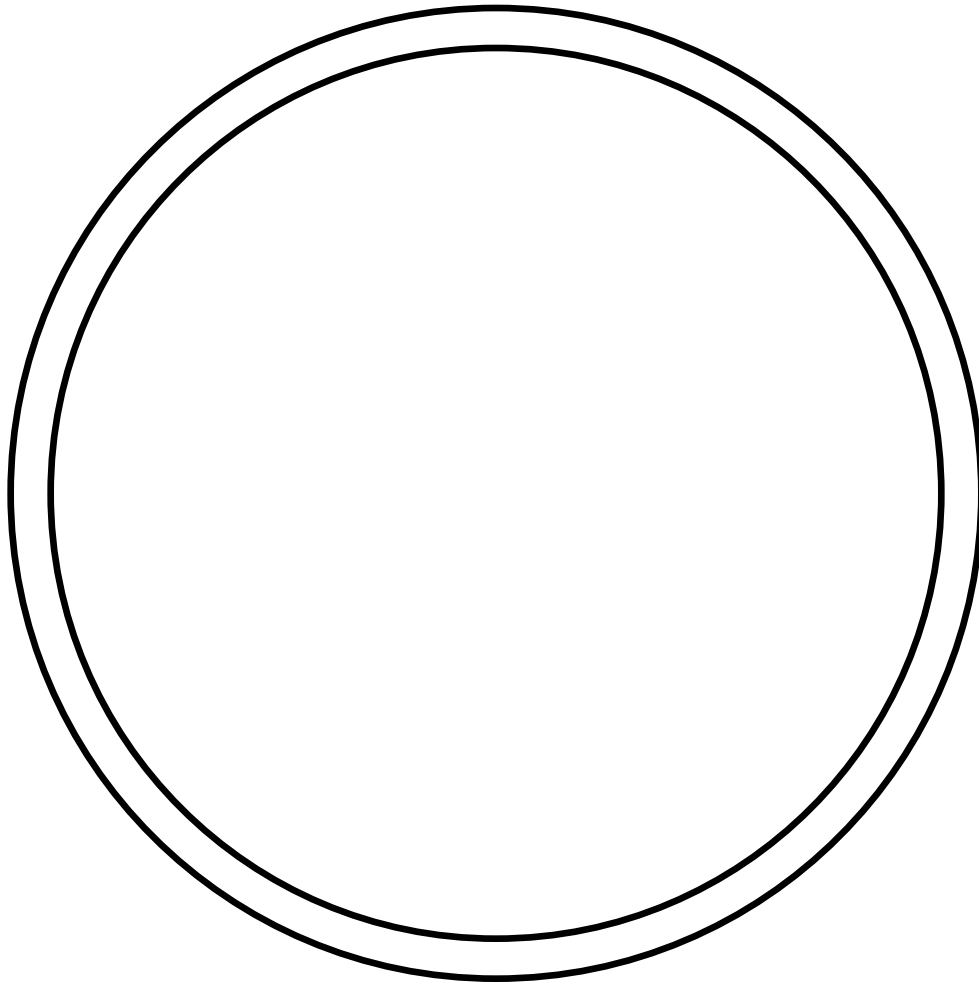
Keep the pieces together. Mix foods from other mats in the pack.

My Pizza

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.
Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

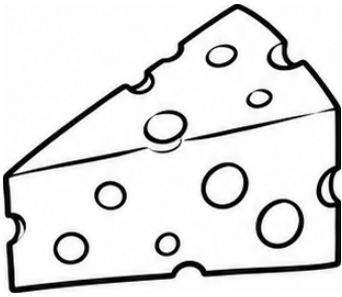
My favorite food is: _____

Paper pretend play · There is no single right meal.

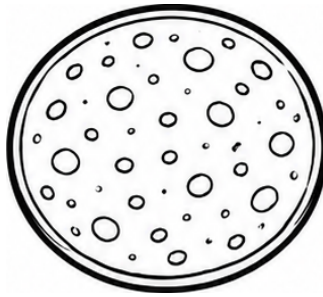
My Pizza

Food cutouts · Page 2 of 2

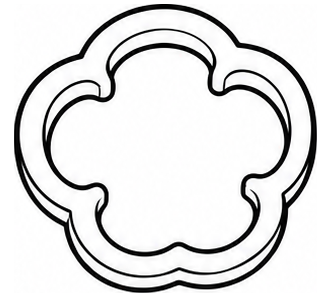
Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



Cheese



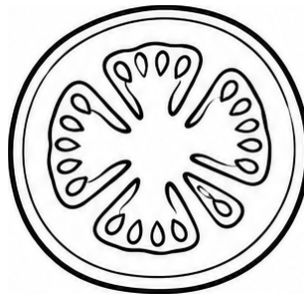
Pepperoni



Bell pepper



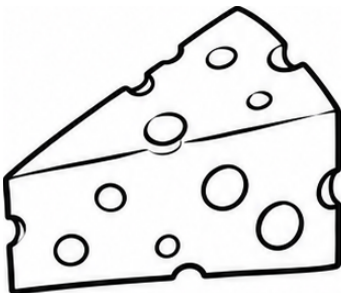
Mushroom



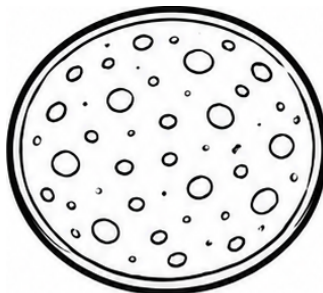
Tomato



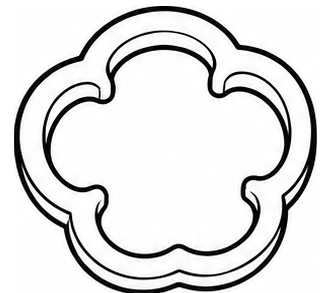
Broccoli



Cheese



Pepperoni



Bell pepper

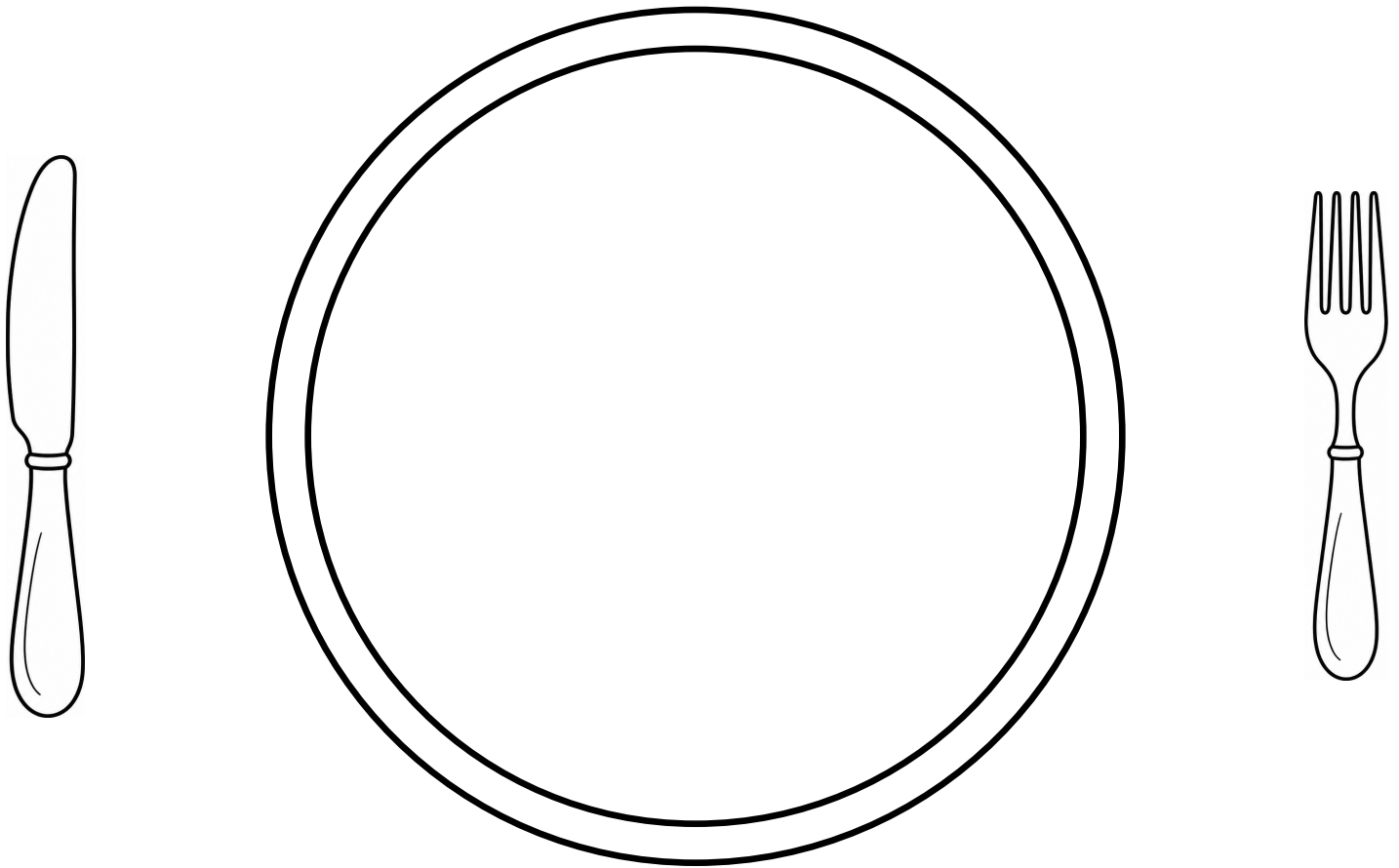
Keep the pieces together. Mix foods from other mats in the pack.

My Veggie Plate

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.
Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

My favorite food is: _____

Paper pretend play · There is no single right meal.

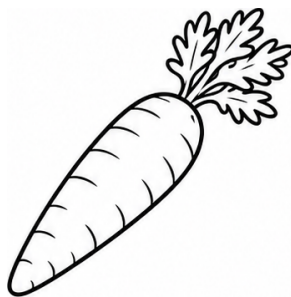
My Veggie Plate

Food cutouts · Page 2 of 2

Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



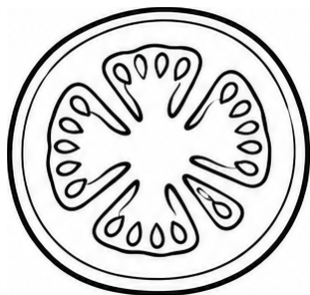
Broccoli



Carrot



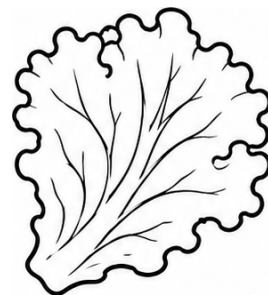
Peas



Tomato



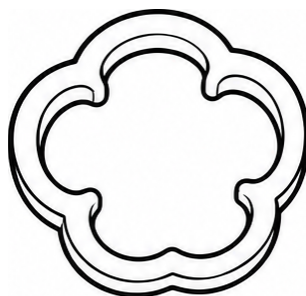
Cucumber



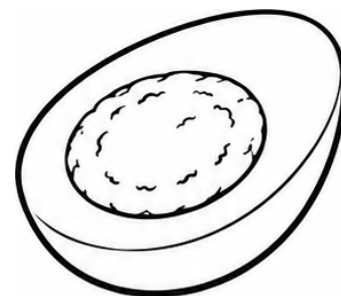
Lettuce



Mushroom



Bell pepper



Avocado

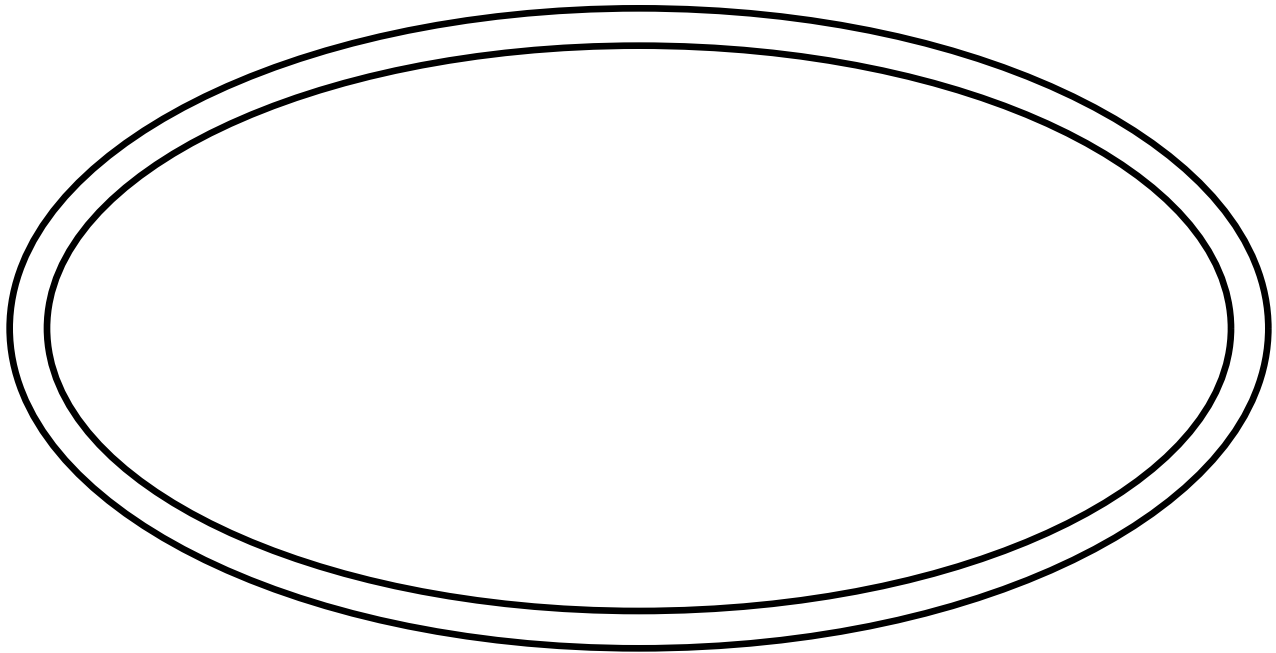
Keep the pieces together. Mix foods from other mats in the pack.

My Fruit Snack

My meal mat · Page 1 of 2

Color the foods on the next page. Cut out your choices and arrange them here.
Try a few arrangements, then glue. You can draw extra foods too.

Name: _____



Tell someone about the meal you made.

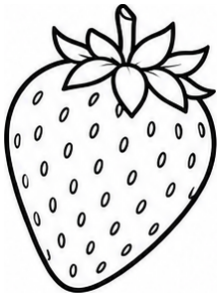
My favorite food is: _____

Paper pretend play · There is no single right meal.

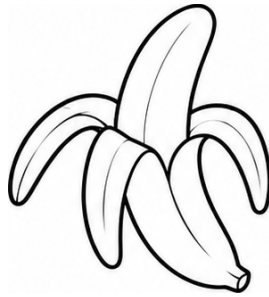
My Fruit Snack

Food cutouts · Page 2 of 2

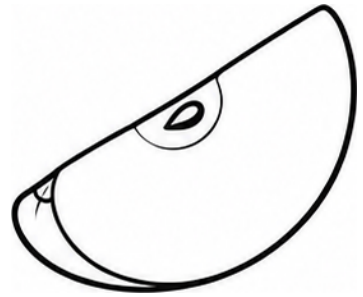
Color the pictures. Cut along the dashed boxes or around each food.
Choose what you like. Ask an adult for help with cutting.



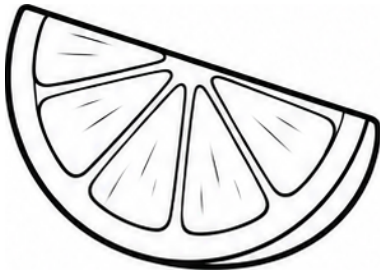
Strawberry



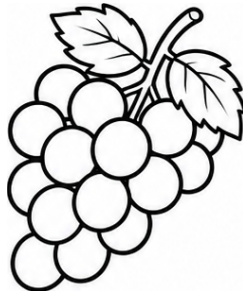
Banana



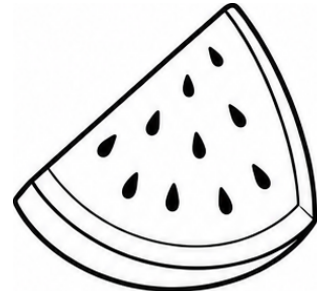
Apple



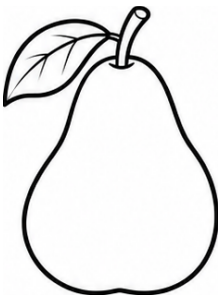
Orange



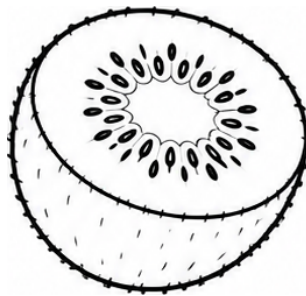
Grapes



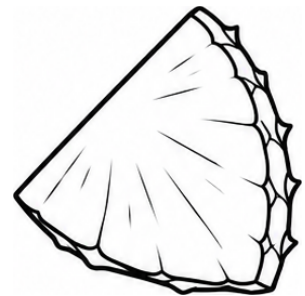
Watermelon



Pear



Kiwi fruit



Pineapple

Keep the pieces together. Mix foods from other mats in the pack.