



Name:

Date:

## My Energy Balance

Instructions: Energy balance is the balance your body needs between energy coming in (from what you eat and drink) and energy going out (for the things you do). Draw pictures of the foods you like to eat on one side and the things you like to do on the other. Circle the foods you eat that are healthy and draw a triangle around the activities you do that get your heart beating faster and use up lots of energy.

