



Chef Ann's Healthy Kids Nutrition Report Card

NAME _____

STUDENTS _____

Ages 6 - 18*

EVALUATED BY _____

Official Grading Scale below	Goals	Good	Better	Best
FOOD CHOICES				
Vegetables	1 ½ - 4 cups			
Fruits	1 - 2 ½ cups			
Whole Grains	4 - 10 ounces			
Lean Protein	3 - 7 ounces			
Healthy Fats	25% - 35% of total calories			
Calcium	2 - 3 cups (or servings)			
Red Meat	Less than 2-3 servings per week*			
Added sugars and fats	Rarely			

Grading Scale:

- Good = Met most requirements
- Better = Met all requirements
- Best = Met all requirements with local and organic ingredients

* younger ages = less servings

Daily Checklist:

exercise

sleep

water

safety

fun

Chef Ann's Healthy Kids Nutrition Report Card was developed by Chef Ann Cooper, in collaboration with Hailey London, R.D.