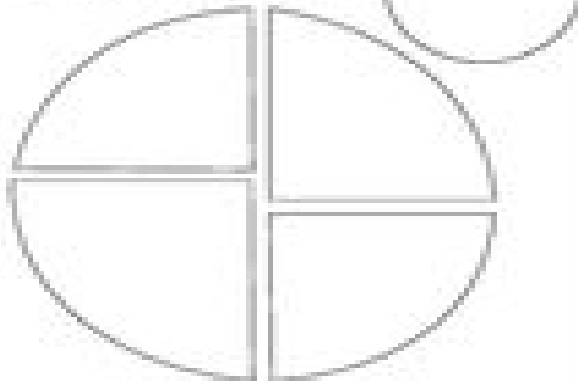


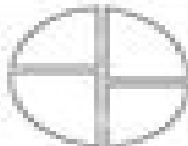
Let's Learn About MyPlate

Label each section of MyPlate and draw and color in your favorite foods for each food group.



Match the foods to their food group.

- | | |
|----------------|----------------|
| a. Apples | ___ Grains |
| b. Broccoli | ___ Vegetables |
| c. Lettuce | ___ Protein |
| d. Eggs | ___ Grains |
| e. Cheese | ___ Vegetables |
| f. Black beans | ___ Protein |
| g. Chicken | ___ Dairy |
| h. Brown rice | ___ Grains |
| i. Wild rice | ___ Fruit |
| j. Oatmeal | ___ Vegetables |
| k. Yogurt | ___ Protein |
| l. Crisps | ___ Fruit |
| m. Banana | ___ Vegetables |
| n. Potatoes | ___ Dairy |
| o. Squash | ___ Fruit |
| p. Skim milk | ___ Dairy |



How much of your plate should be fruits and vegetables? Color your answer.

How many of your grains should be whole grains each day?

- one
- none
- half

Circle each protein food.

- Poultry/chicken
- Cheese
- Fish/seafood
- Turkey
- Flavored butter
- Beef
- Beans
- Eggs
- Tuna
- French fries
- Mac and cheese
- Spaghetti

Circle each whole grain food.

- Cookies
- Donuts
- Whole wheat pasta
- Macaroni
- Brown rice
- Oatmeal
- Whole grain cereal
- Whole wheat bread
- Bagels

True or false?

Dairy foods like skim or lowfat milk and yogurt help build strong bones.