

Lesson 2 | **MyPlate Placemat**

Activity
1

Write your name. Draw a picture of one food from each food group on the **MyPlate**.

Name: _____

The placemat is a large oval divided into five sections: Fruits (top-left), Grains (top-right), Protein (bottom-right), Vegetables (bottom-left), and Dairy (a separate circle on the right). A fork is positioned to the left of the main plate. The Dairy section is labeled 'Dairy'. The placemat is surrounded by various food icons: top row (broccoli, rice, banana, cauliflower, cheese, chicken, carrot, apple); left side (broccoli, jar of jam, carton of milk, orange, egg, can of tuna, lettuce); right side (can of beans, bell pepper, cinnamon sticks, round flatbread, corn, slice of bread, two apples, mushrooms, bowl of cereal); bottom row (steak, bowl of cereal, tomatoes, pea pod, bowl of soup, lettuce, potato, broccoli, nuts, bowl of cereal).