

# 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
- Peanut 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.