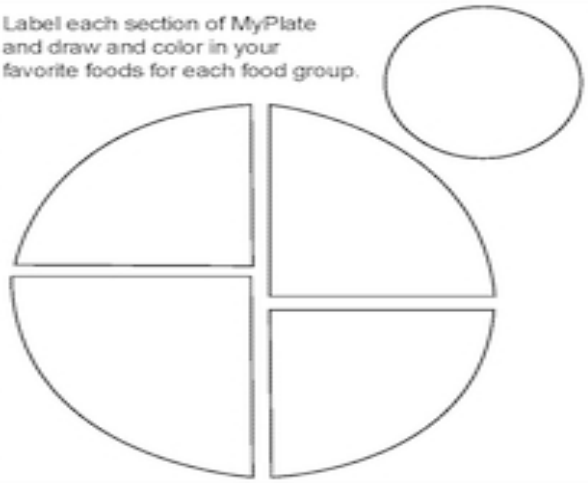
Let's Learn About MyPlate

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. Wheat bread	__ Fruit
j. Oatmeal	__ Vegetables
k. Yogurt	__ Protein
l. Grapes	__ 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?

a. one
b. none
c. half

Circle each protein food:

a. Poultry/chicken
b. Cheese
c. Fish/seafood
d. Turkey
e. Peanut butter
f. Beef
g. Beans
h. Eggs
i. Tuna
j. French fries
k. Mac and cheese
l. Spaghetti

Circle each whole grain food:

a. Cookies
b. Donuts
c. Whole wheat pasta
d. Macaroni
e. Brown rice
f. Oatmeal
g. Whole grain cereal
h. Whole wheat bread
i. Bagels

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

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