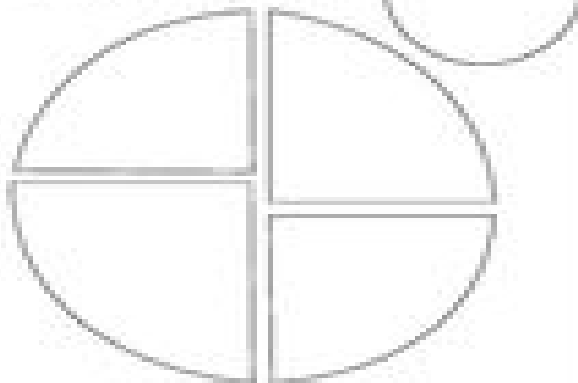


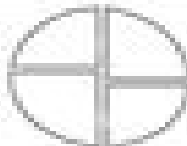
Let's Learn About MyPlate

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.