

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 bowl 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 for drawing, including: corn, rice, banana, broccoli, cheese, chicken, carrot, apple, grapes, jam, milk carton, orange, egg, lettuce, tomato, bread, mushrooms, peas, and a bowl of cereal.