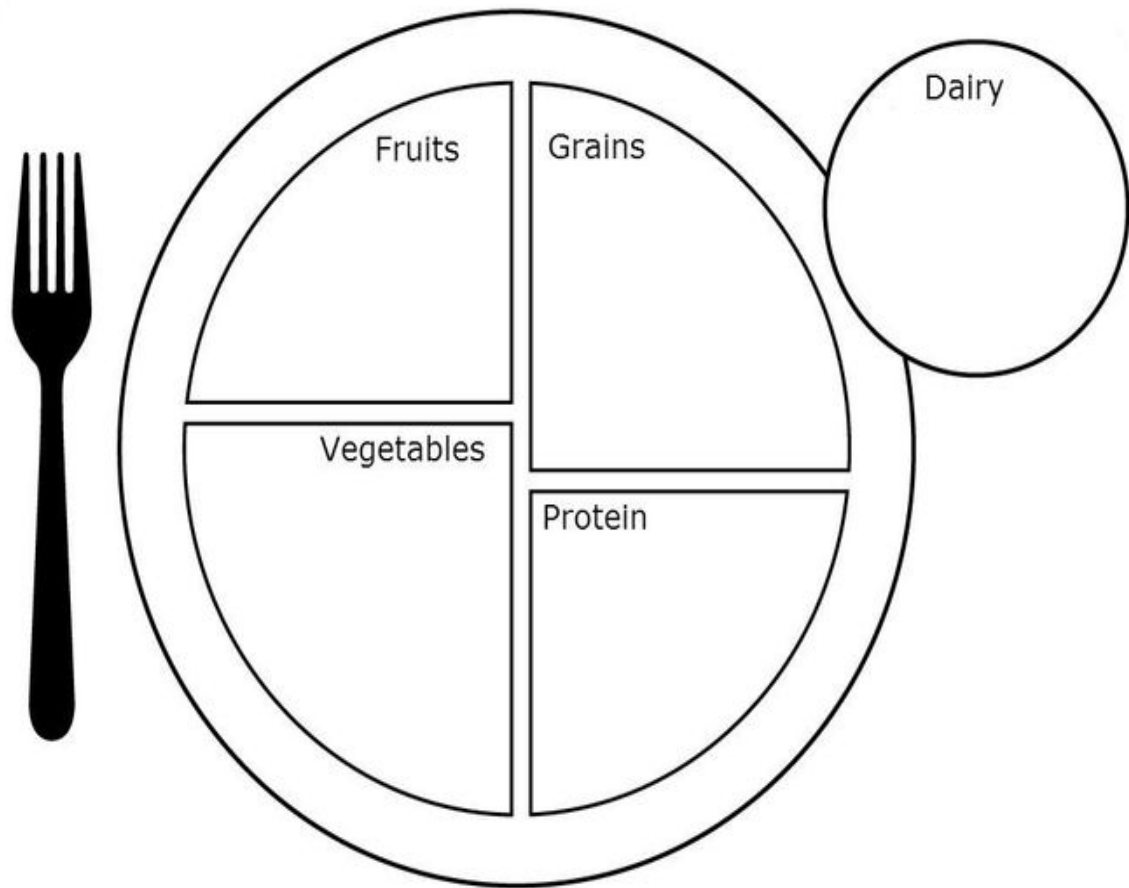




Wow, look at My Plate!

It helps us see the foods that make a nutritious meal.

You can see that a healthy plate has foods from all the food groups in it.

Half of your plate should have fruits and vegetables.