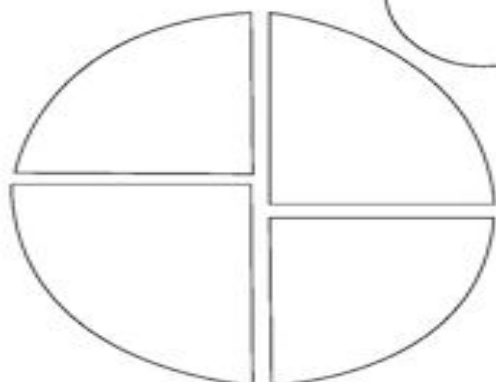


## Let's Learn About MyPlate

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?

- 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.