

# 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. Wild rice	___ Fruit
j. Oatmeal	___ Vegetables
k. Yogurt	___ Protein
l. Crisps	___ 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.

- Poultry/chicken
- Cheese
- Fish/seafood
- Turkey
- Flavored 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.