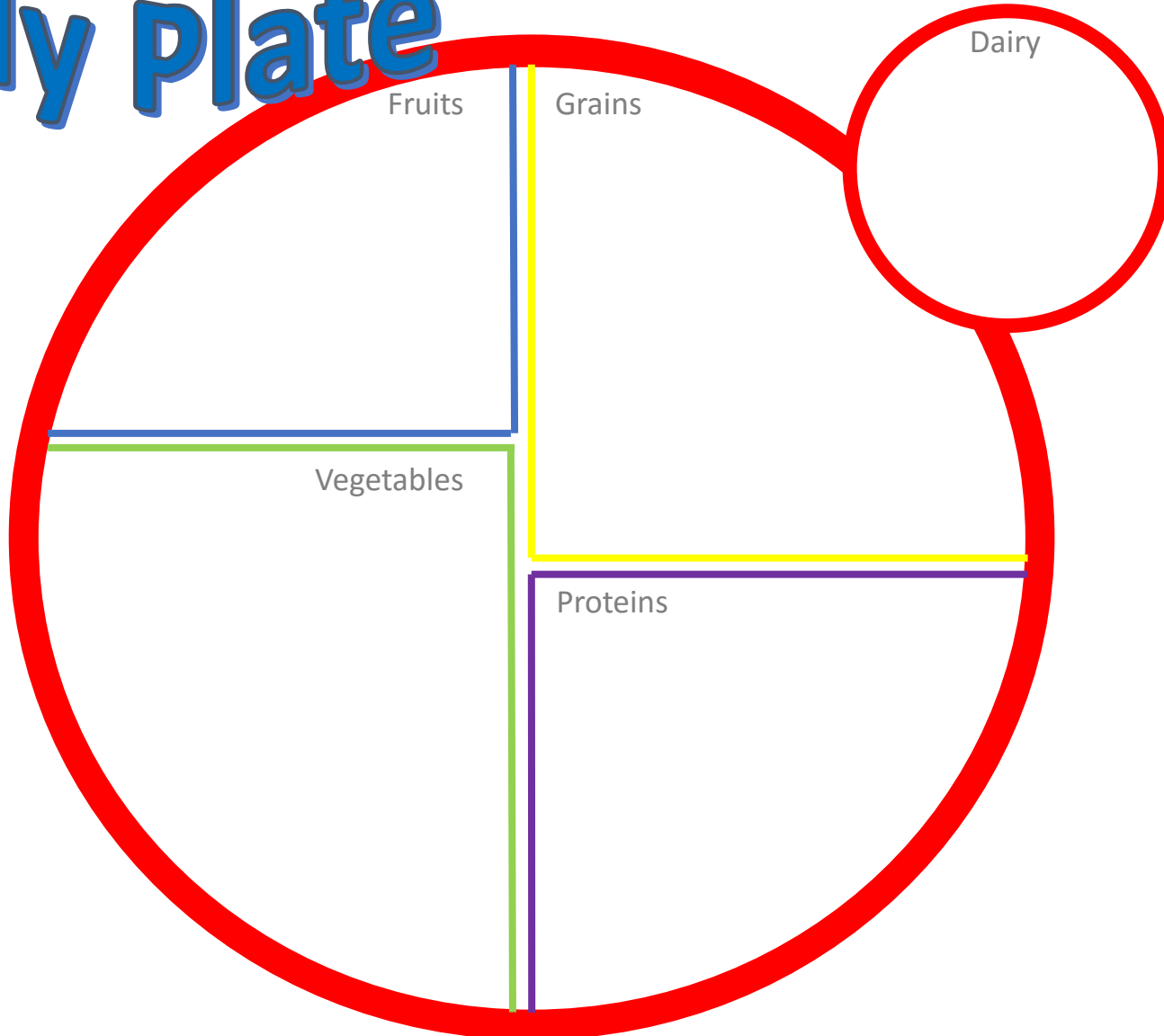


My Plate



Name and Grade Level

Apply. Use what you have learned about healthy eating. Think about some of your favorite healthy foods. Which category do they fall in? Create your favorite healthy food plate.

What did you include on your food plate?

- Fruits

- Vegetables

- Grains

- Proteins

- Dairy

