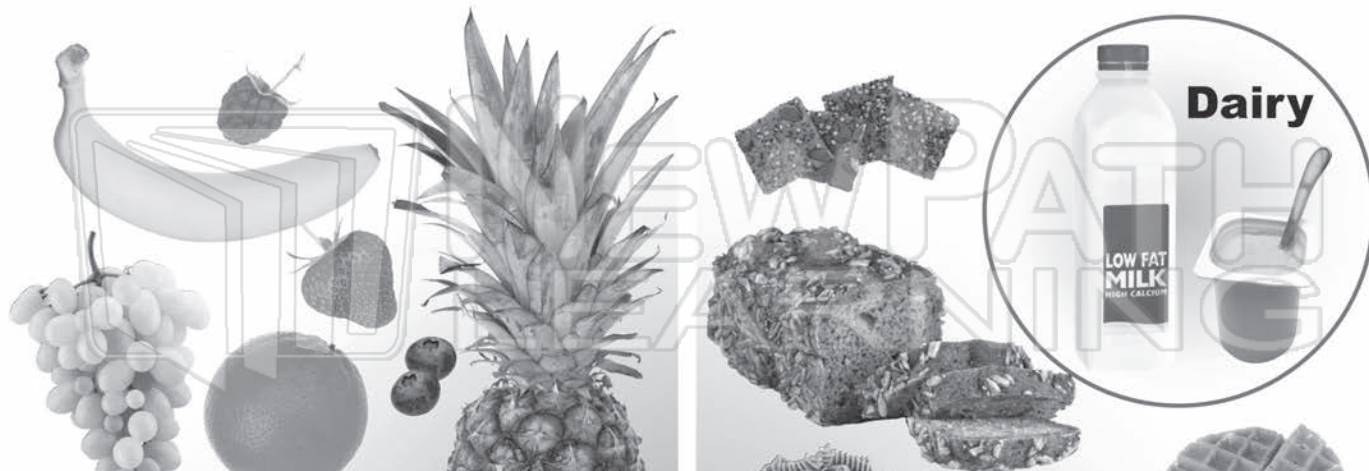




Name _____ Class _____ Date _____

What is Choose MyPlate?

What are healthy food choices? What is a balanced diet? **MyPlate** is a way to show the **5 food groups** needed for a balanced meal. **MyPlate** is a reminder to eat healthy!



PREVIEW

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Name _____ Class _____ Date _____

Create Your Own Plate

Think of healthy foods. Draw or write the name of the food on the plate below.
You could also cut out pictures and tape them onto the plate.



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ChooseMyPlate.gov



Name _____ Class _____ Date _____

It is time for soccer! Help Nate and Kate find the way.
Follow letters that spell *MyPlate*.



PREVIEW

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Name _____ Class _____ Date _____


1 **Choose MyPlate** is a way to show the food groups needed for a balanced meal.
True or false?

A true
B false



5 About how much of your plate should be from the **Grains Food Group**?

A one fourth
B one half
C all of it
D none of it



2 The **5 food groups** are vegetables, fruits, dairy, grains and _____.

6 How many of the **five food groups** should you eat every day?

A
B
C
D




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4 Which is part of the **Vegetables Food Group**?

A oranges
B grapes
C apples
D carrots



8 Which food is in the **Protein Food Group**?

A string beans
B peanut butter
C cheddar cheese
D oatmeal






Name _____ Class _____ Date _____

Answer Sheet

1 **Choose MyPlate** is a way to show the food groups needed for a balanced meal. True or false?

A true
 B false



5 About how much of your plate should be from the **Grains Food Group**?

A one fourth
 B one half
 C all of it
 D none of it



2 The **5 food groups** are vegetables, fruits, dairy, grains and _____.

6 How many of the **five food groups** should you eat every day?

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