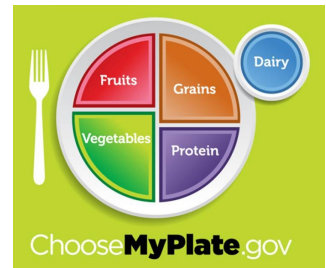


Create a Healthy MyPlate



MyPlate helps us eat foods that keep us healthy and strong. There are five food groups in MyPlate. At the link below you can print a blank MyPlate or you can provide each student with a paper plate. Direct the students in making a plate that shows some of their favorite fruits and vegetables. Have students add other food groups to the plate depending on age and ability. It is okay if more than half the plate is fruits and veggies!

Consider these options for creating the plates:

- Crayon drawings of food
- Torn or cut construction paper in various colors representing fruits, veggies, and other foods.
- Images of foods from magazines

<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/ColoringSheetBlank.pdf>

