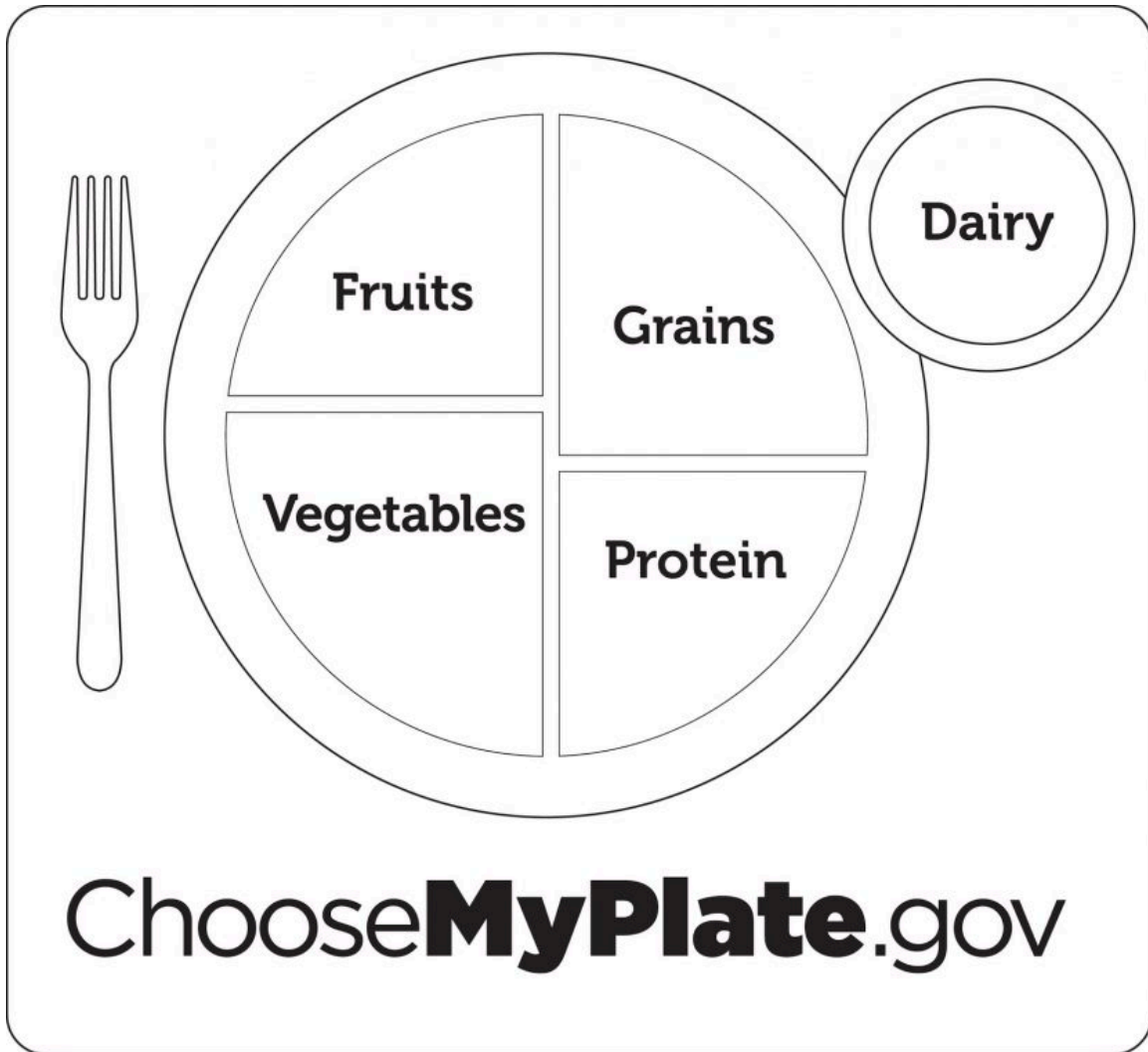


## CHOOSE MYPLATE

MyPlate is the USDA's easy-to-understand illustration designed to help us build a healthy plate at meal times. It displays the 5 food groups that make up a meal. Before you eat, think about what goes on your plate and in your cup.

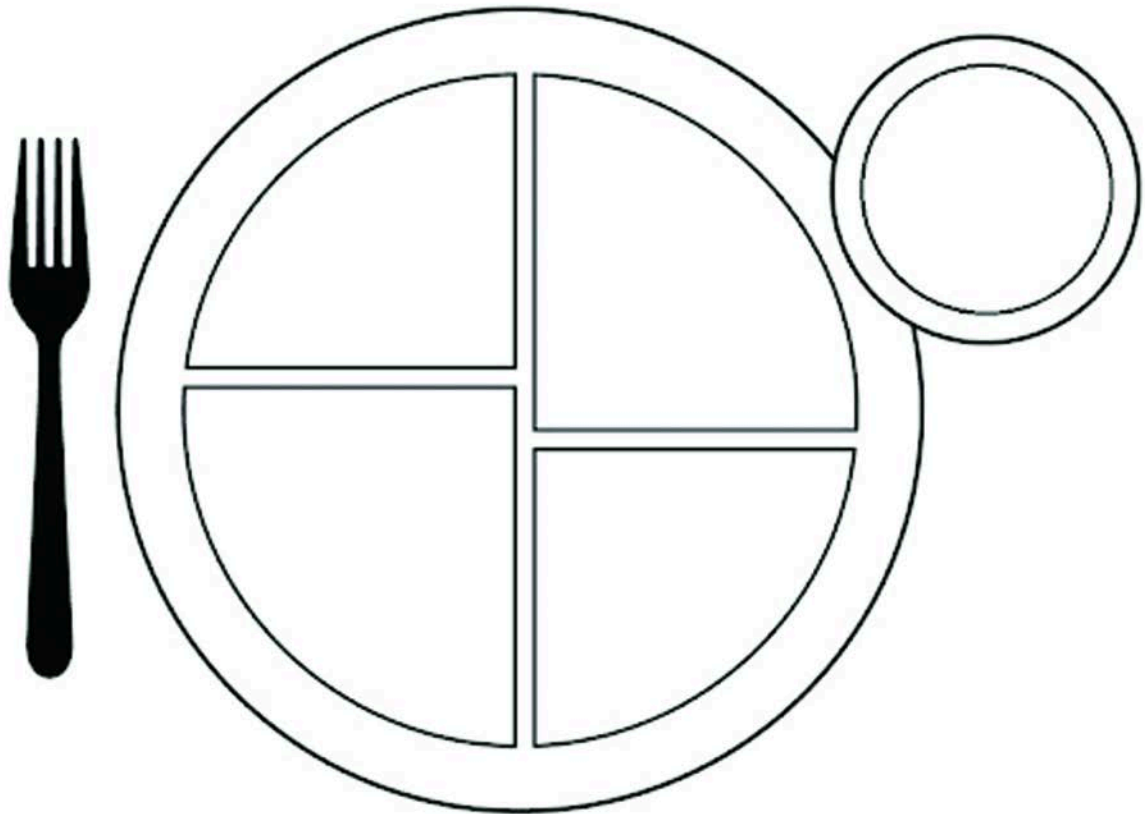


- Make half your plate fruit and vegetables
- Eat a variety of vegetables and of different colors
- Make at least half your grains, whole grains.
- Switch to fat-free or low-fat milk (1%)

## WHAT'S ON YOUR PLATE

Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Share with us how you made up your plate to incorporate food from all the food groups. (Final date for submissions 3/31/2018)



We will display your drawing of your healthy meal in the hallway!