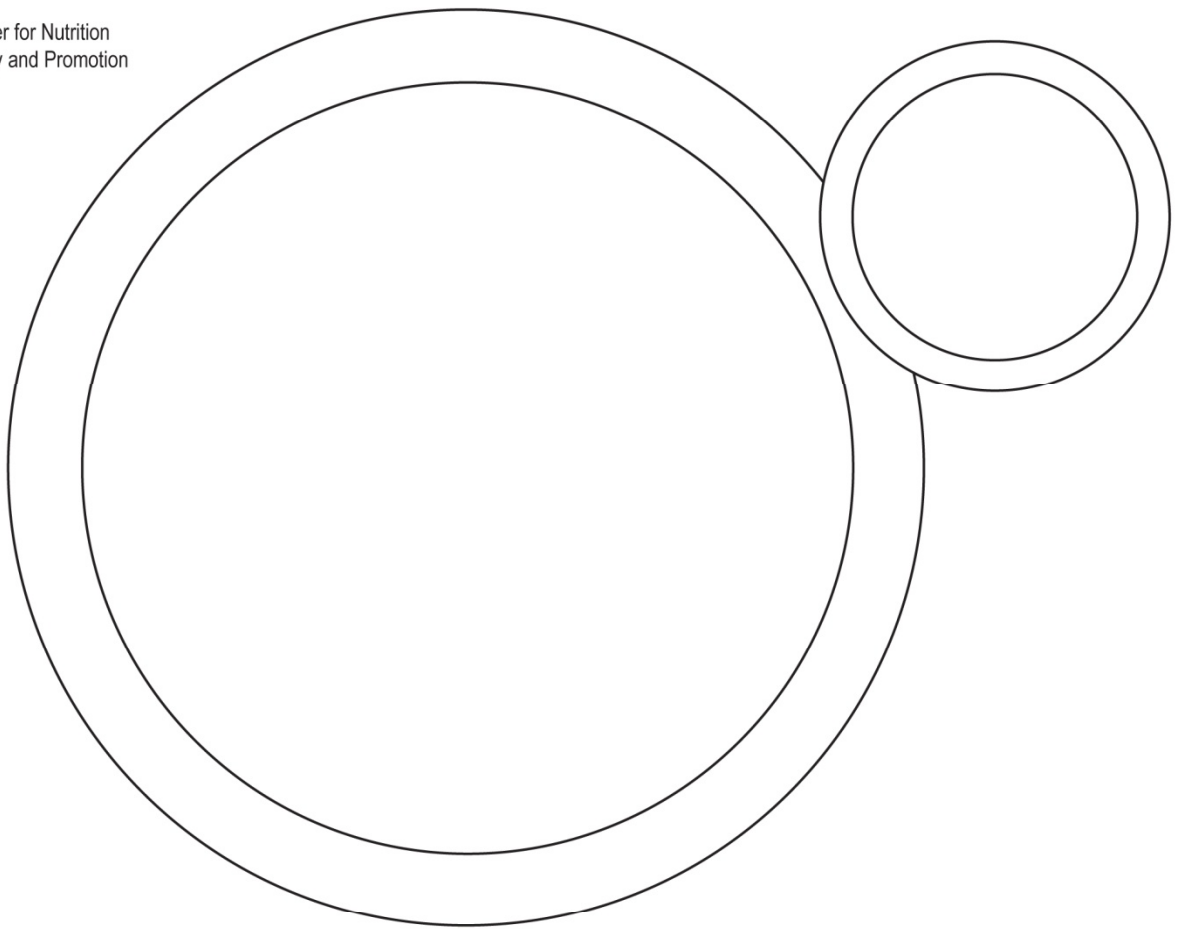


- **Add more vegetables to your day!**
- **Focus on fruits!**
- **Make half your grains whole!**
- **With protein, variety is key!**
- **Got your dairy today?**
- **Be physically active, your way!**



Choose**MyPlate**.gov

It's time to Choose Your Plate!

Color "MyPlate" to match the picture on the other side.

- Draw one fruit in the fruits section. What fruit did you pick? _____
- Draw one vegetable in the vegetables section. What vegetable did you pick? _____
- Draw one grain in the grains section. What's a healthy grain that you like to eat? _____
- Draw one protein in the protein section. What did you pick? _____
- Draw one dairy product. What's your favorite dairy product? _____