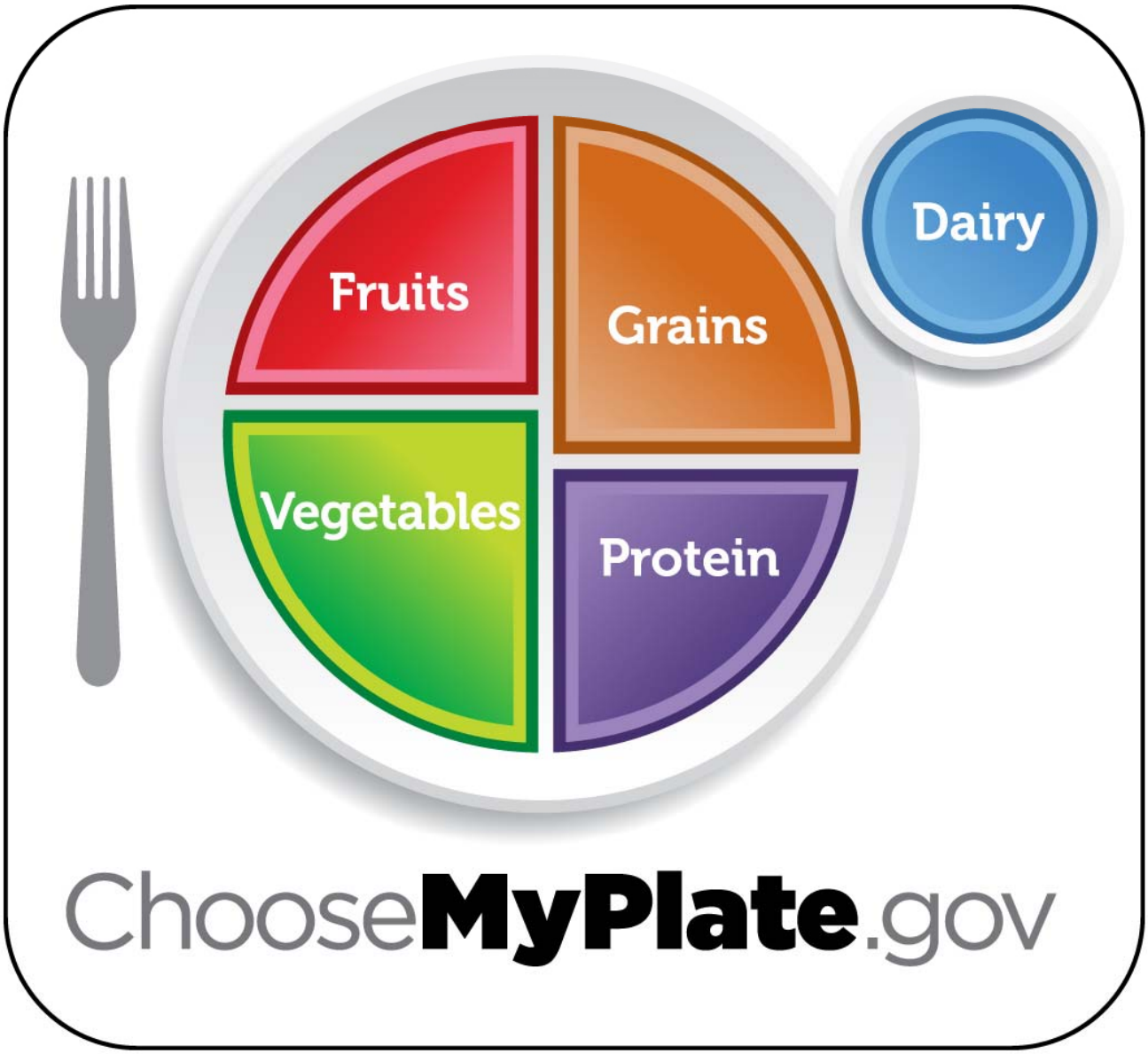

- Add more vegetables to your day!
- Focus on fruits!
- Make half your grains whole!
- With protein, variety is key!
- Got your dairy today?
- Be physically active, your way!

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? _____