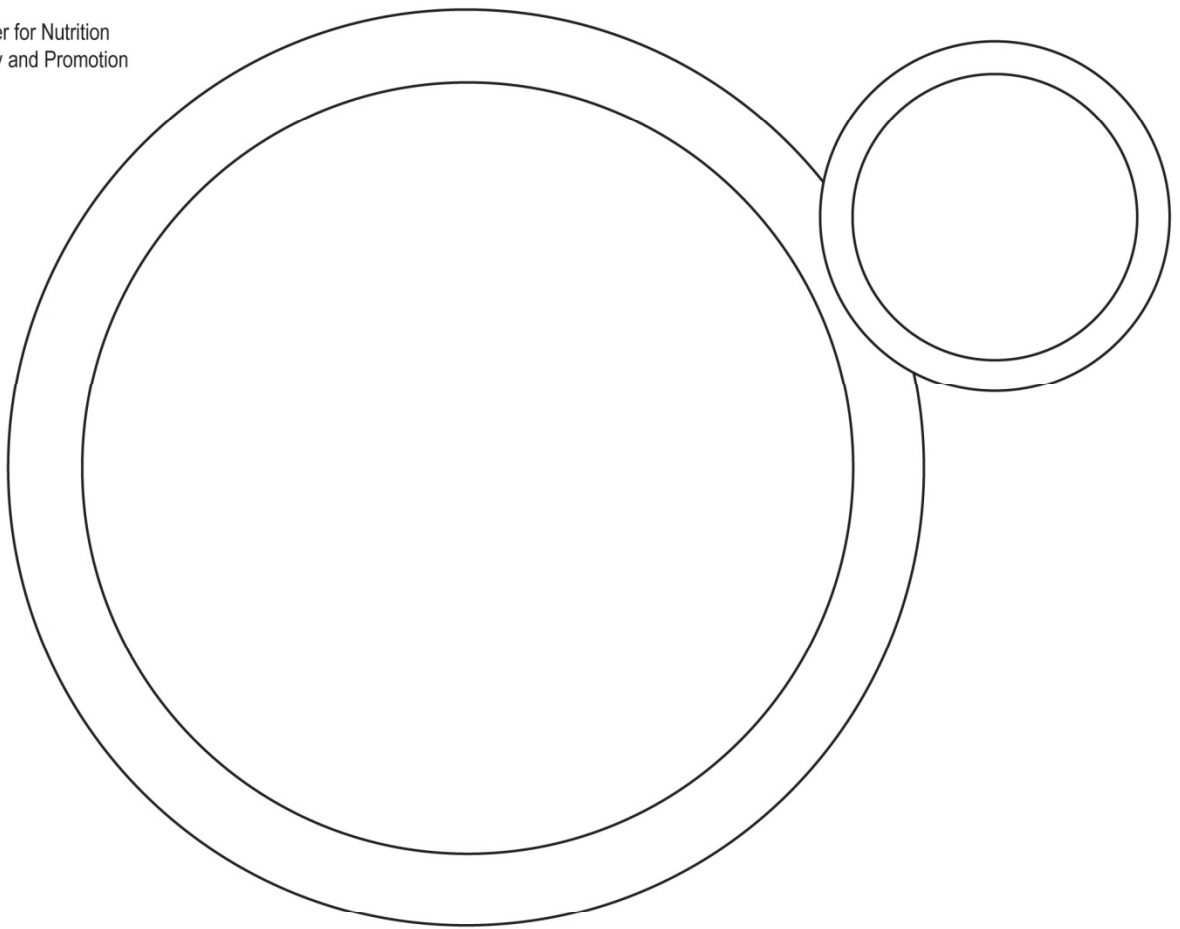


- Add more vegetables to your day!
- Focus on fruits!
- Make half your grains whole!
- With protein, variety is key!
- Got your dairy today?
- Be physically active, your way!



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? \_\_\_\_\_