



What is Choose MyPlate?

What are healthy food choices? What is a balanced diet? **MyPlate** is a way to show the **5 food groups** needed for a balanced meal. **MyPlate** is a reminder to eat healthy!



PREVIEW

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Name	Class	Date
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Create Your Own Plate

Think of healthy foods. Draw or write the name of the food on the plate below. You could also cut out pictures and tape them onto the plate.

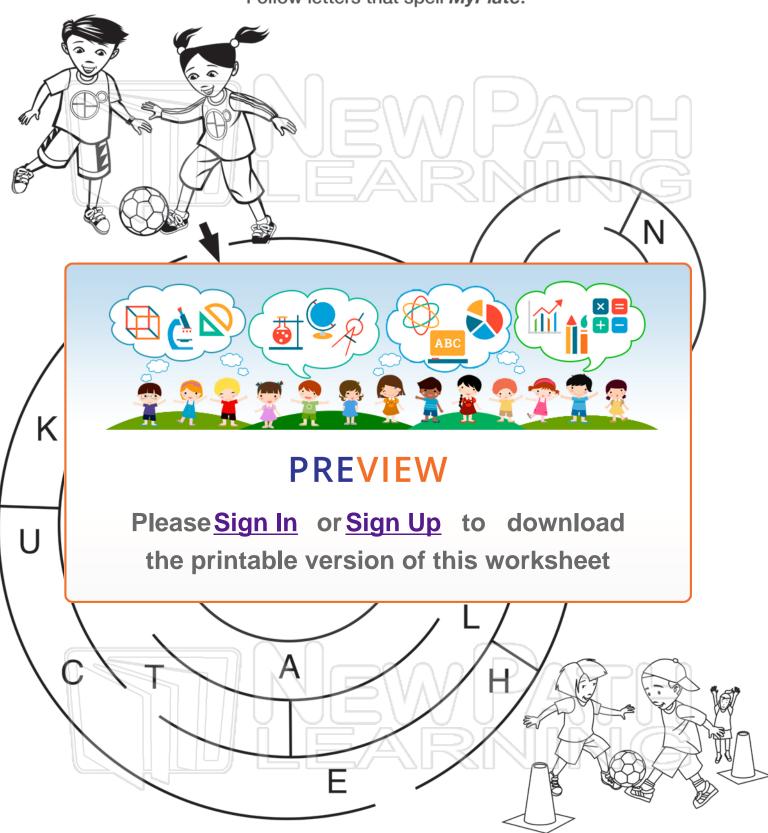


Choose My Plate gov





It is time for soccer! Help Nate and Kate find the way. Follow letters that spell *MyPlate*.







I	Name	Class	Date	
1	Choose MyPlate is a way to show the food groups needed for a balanced meal. True or false? A true B false Choose MyPlate gov	5	About how much of your plate should be from the Grains Food Group? A one fourth B one half C all of it D none of it	
2	The 5 food groups are vegetables, fruits, dairy, grains and	6	How many of the five food groups should you eat every day?	
3	A BC D ABC			
	PREVIEW		W	
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4	Which is part of the Vegetables Food Group? A oranges B grapes C apples D carrots	8 EA	Which food is in the Protein Food Group? A string beans B peanut butter C cheddar cheese D oatmeal	





Name _____ Date _____ **Answer Sheet** 5 About how much of your plate should Choose MyPlate is a way to show be from the Grains Food Group? the food groups needed for a balanced meal. A one fourth True or false? **B** one half C all of it A true D none of it **B** false MyPlate go 2 How many of the five food groups The 5 food groups are vegetables, should you eat every day? fruits, dairy, grains and _____. B 3 H fru **PREVIEW** Please Sign In or Sign Up to download the printable version of this worksheet 8 Which is part of the Vegetables Food Which food is in the Protein Food Group? Group? A string beans A oranges **B** peanut butter **B** grapes C cheddar cheese **C** apples **D** oatmeal **D** carrots