

My Food Plate

Instructions for Parents:

Cut out the pictures of food items below and the accompanying plate. Then have your children try to create a healthy meal by making “good” choices from the food pictures and placing them on their plates. Be on the lookout for a few “unhealthy” foods that we added to try to trick you. Once they create their meal, explain to them the importance of eating healthy. An example of a healthy meal would be chicken, baked potato, peas, and a glass of milk.

Key:

Here are some of the foods that are in the food groups:

Fruits: Strawberries, Apples, Oranges, Grapes

Vegetables: Peppers, Celery, Carrots, Potatoes

Grains: Bread, Rice, Pasta, Oatmeal

Protein: Meat, Beans, Nuts, Fish

Dairy: Milk, Cheese, Yogurt, pudding

