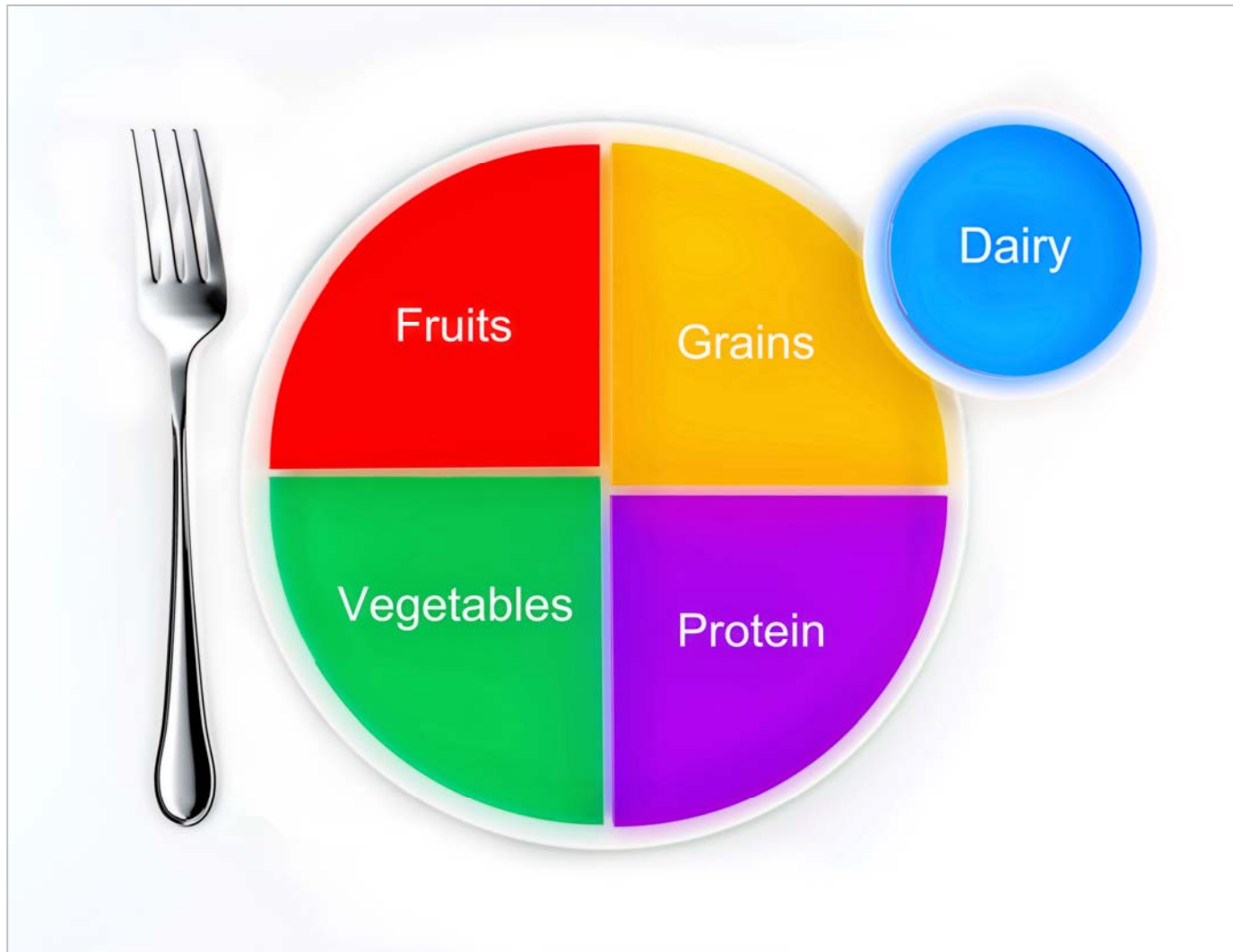


MyPlate























Grains

Fruits

Vegetables

Dairy

Protein

MyPlate	Protein
Dairy	Vegetables
Fruits	Grains

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Instructions: print on cardstock and laminate. You can print two of page 2, cut one apart, and use the other as a control card. Have the child place the labels at the top of a rug or table, then sort the foods underneath. You can also give them the list of foods shown below.

Please note: In the new MyPlate system, eggs are now under the "Protein" category instead of "Dairy".

You can visit choosemyplate.com for more info on the new nutritional guidelines and the contents of each group. If your country doesn't eat all of the foods shown on page 2, you can substitute with your own pictures if you like.

Foods shown:

Grains	Fruits	Vegetables	Dairy	Protein
bread assortment	orange	carrots	cheese	egg
pasta	apple	corn	yogurt	chicken
pita bread	bananas	green beans	milk	dried beans
wheat bread	strawberry	broccoli	pudding	salmon