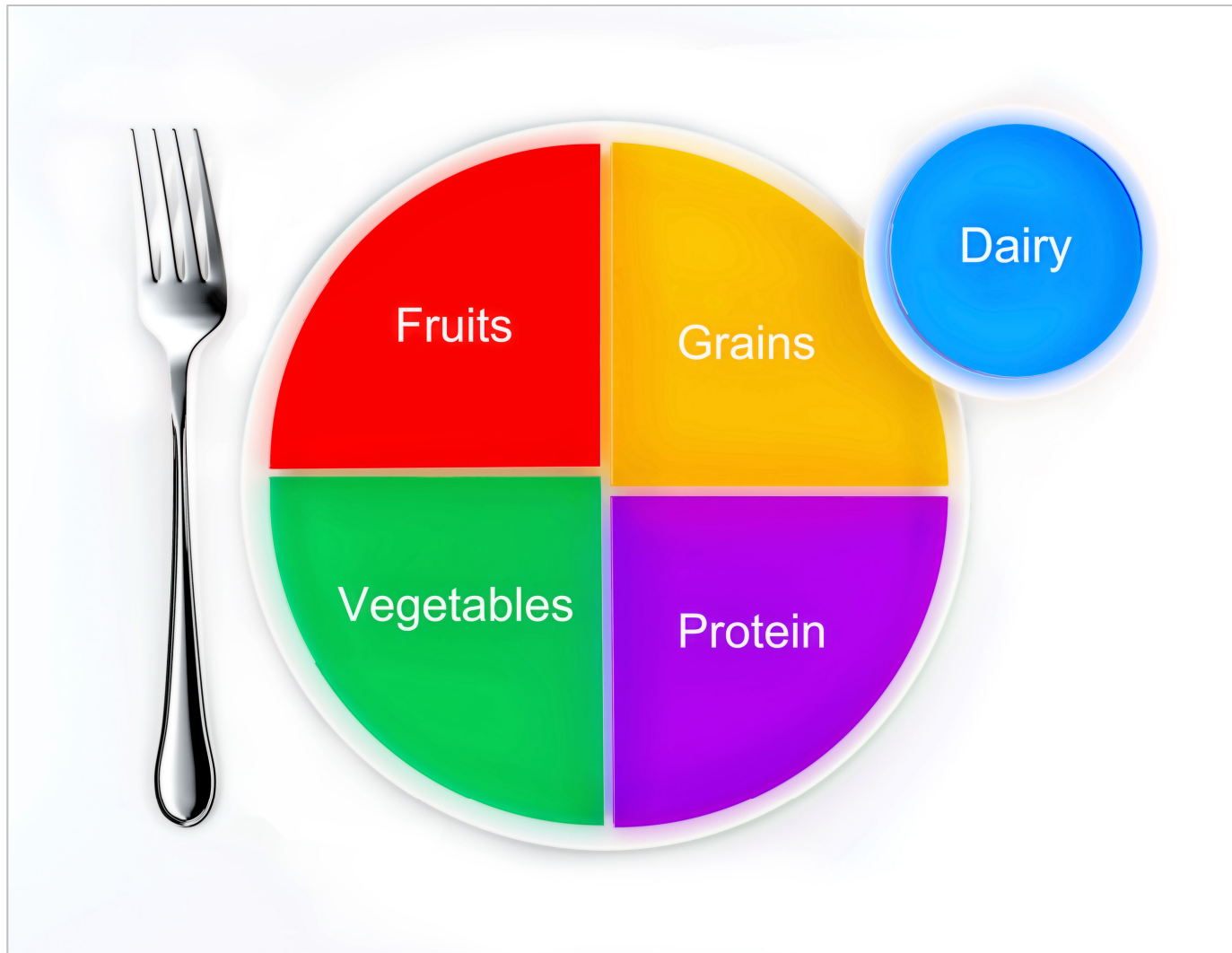


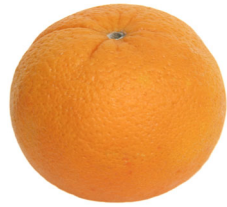
MyPlate



Grains



Fruits



Vegetables



Dairy



Protein



| | |
|---------|------------|
| MyPlate | Protein |
| Dairy | Vegetables |
| Fruits | Grains |

Copyright Notice:

Montessori for Everyone provides the Free Downloads for personal use only. They cannot be posted to any website (including school websites), blog, or file-sharing site (like Scribd).

If you'd like to share our Free Downloads, simply link to our site. Thanks!

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 |