



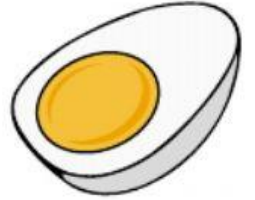
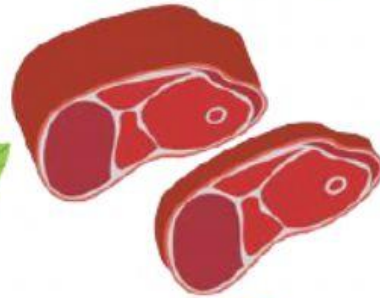
Vegetables





Whole Grains





Proteins





Dairy



My project: My good food plate.

This is my healthy plate.

Half of it has vegetables.

I choose

A quarter of it has whole grains. I choose

The other quarter has proteins. I choose

By: _____ age: _____

 **LIVEWORKSHEETS**

