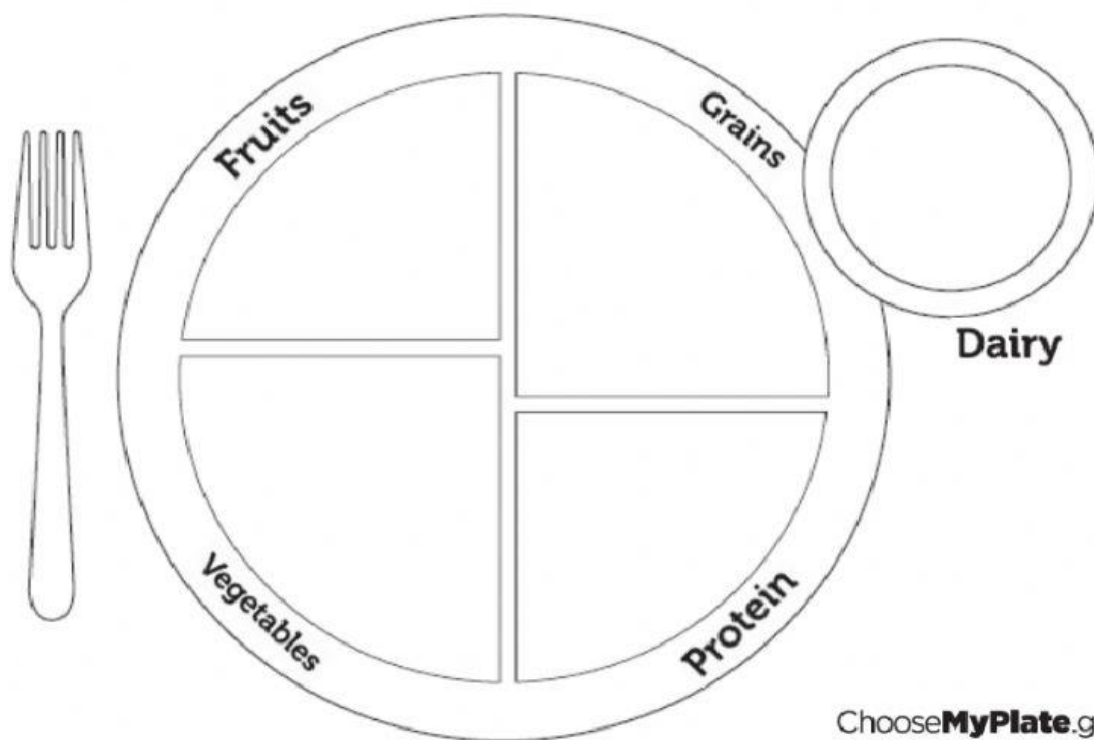Select a food item and place it in the correct food group.

Add the food prices to find the total cost of your plate.

Fruits

Grains

Dairy

Vegetables

Protein

ChooseMyPlate.gov

$3- Lentils and Rice

$5- Fresh Salad

$2

Total Cost: ____ + ____ + ____ + ____ + ____ = ____

$2 Mango Chow

$4 Stew Chicken