

HOW A HEALTHY PLATE SHOULD BE?

1) DRAG EACH FOOD GROUP TO ITS CORRECT PLACE ON THE PLATE

2) WATCH THE VIDEO AND LISTEN TO THE SONG BELOW

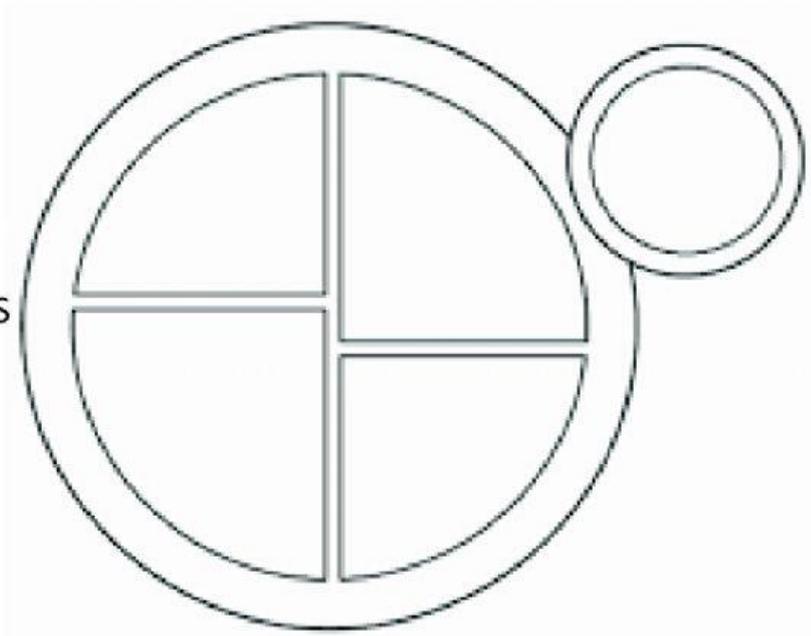
PROTEINS

DAIRY

GRAINS

FRUITS

VEGETABLES



[FOOD GROUPS VIDEO](#)

[FOOD GROUPS SONG](#)