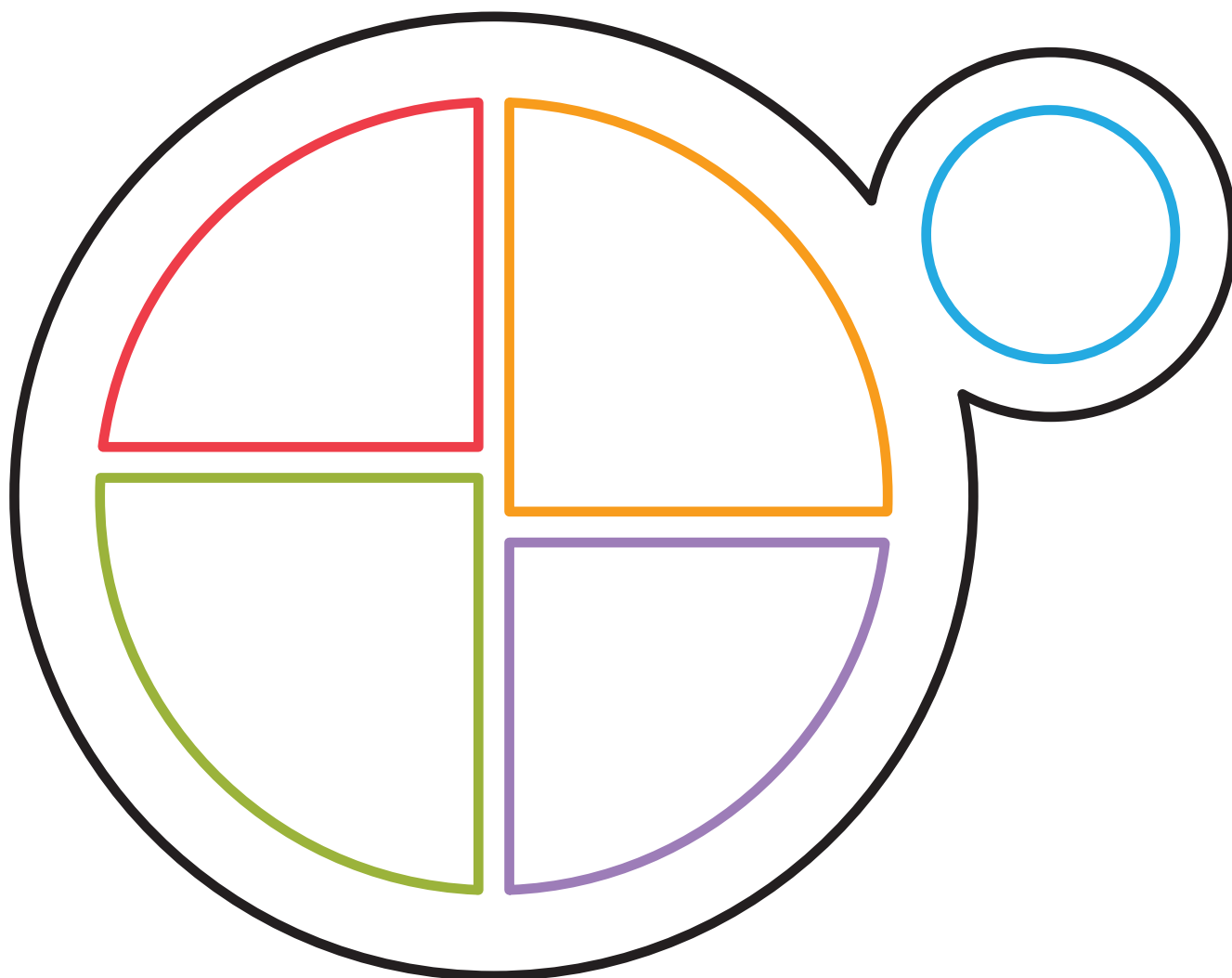


Five Food Groups

The MyPlate teaches us about our five food groups and how to build a balanced meal. Use the word bank to fill in the food groups on the MyPlate. Then draw your favorite food in each section of the plate.



Fruits Grains Dairy Veggies Protein

