

# PLAN YOUR PLATE!

CAN YOU MATCH FOODS TO  
THE RIGHT SPOT ON YOUR  
PLATE?

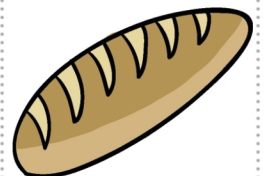
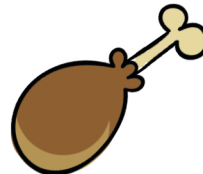
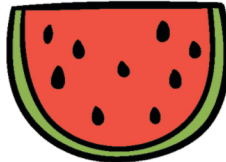
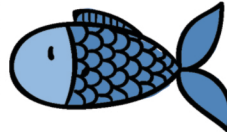
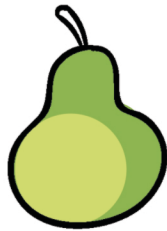
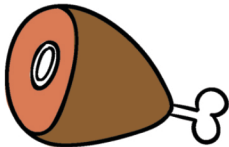
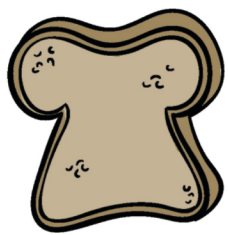
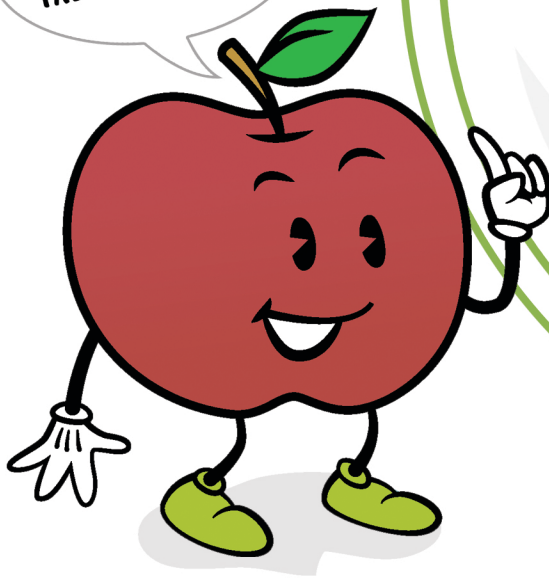
CUT OUT THE FOODS AT THE  
BOTTOM OF THE PAGE. THEN  
GLUE OR TAPE THEM WHERE  
THEY BELONG.

**VEGGIES & FRUIT**

**PROTEIN**

**STARCH**

A HEALTHY MEAL  
TASTES GREAT!



DRAW YOUR  
FAVORITE  
FOODS IN THE  
EXTRA SPOTS!

