



BUILD A HEALTHY MEAL WITH MYPLATE

Name: _____

Partner: _____

MEAL #1

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

MEAL #2

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

MEAL #3

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

MEAL #4

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____