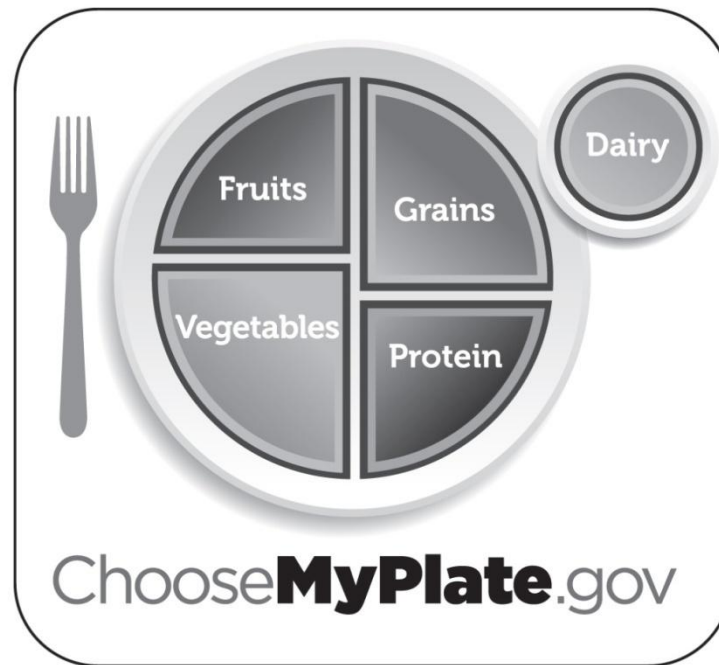


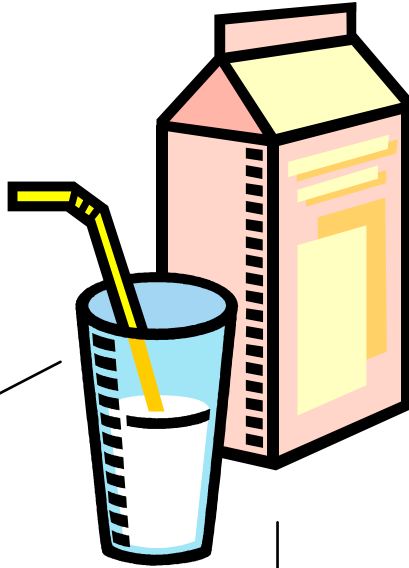
Food Groups



Name _____

Dairy

Examples



How does it help?

What do we get?

How much do I need each day?

Vegetables

Examples



How does it
help?

What do we get?

How much do I need
each day?

Fruits

Examples



How does it help?

What do we get?

How much do I need each day?

Protein

Examples



How does it help?

What do we get?

How much do I need each day?

Grain

Examples



How does it help?

What do we get?

How much do I need each day?

Teacher's Notes/Resources

[Choose My Plate](#)

[CDC Nutrition for Everyone](#)

[Kids Health USDA](#)

Using notes, plan a meal for your family. Write a letter to your parents outlining your meal and explain why it is a healthy meal.