



Make your own MyPlate

THIS IS A: ✓ Student Assignment Classroom Activity

SYNOPSIS:

Students will review MyPlate and color in their own MyPlate template.

OBJECTIVES:

- Students will be able to recognize MyPlate
- Students will draw in foods/colors on the blank MyPlate

RECOMMENDED GRADE LEVEL: K, 1ST, 2ND

REQUIRED MATERIALS:

- Crayons or markers
- **MyPlate** Handout
- **MyPlate** coloring page

SET-UP TIME: None

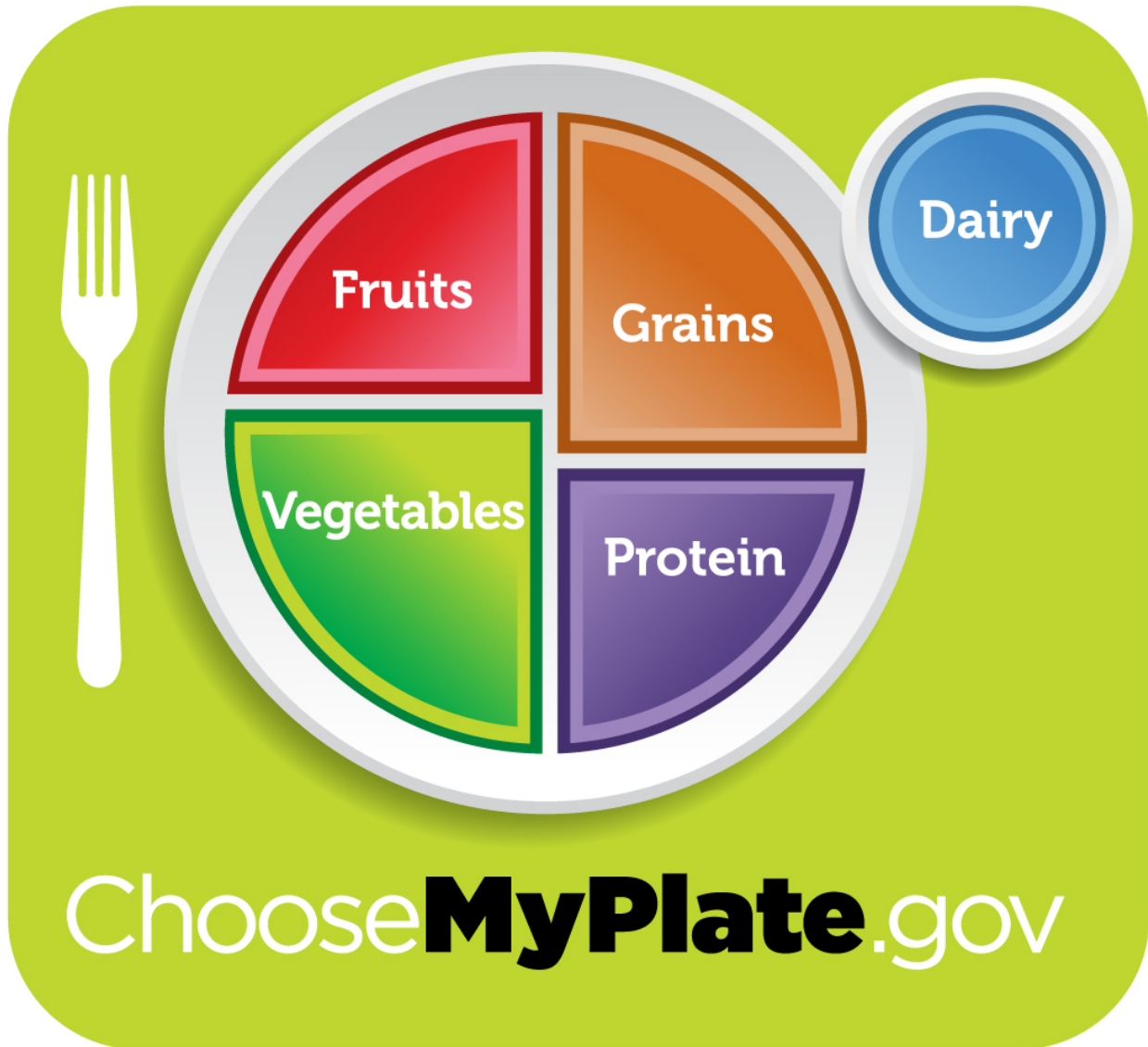
CLASS TIME: 15 minutes

TEACHING STEPS:

1. Share with students a picture of MyPlate. Show students the five healthy food groups and explain that half of your plate, when you eat, should be filled with fruits and vegetables, the other half with (whole) grains and lean, or low-fat proteins.
2. Distribute the **MyPlate** coloring page and have students work on it in class (or at home).



MyPlate



Choose **MyPlate**.gov



MyPlate Coloring page

Name: _____

