

Kid's Corner: Kitchen Edition

MyPlate is a reminder to choose a variety of foods at each meal to find a healthy, balanced eating style. Everything you eat and drink can help you be healthier now and in the future! MyPlate meals should include fruits, vegetables, grains, protein, and dairy to get a variety of nutrients your body needs. Try making half of your plate fruits and vegetables when you sit down to eat a meal.

Draw one of your meals on the plate below and try to include foods or drinks from all five food groups. You may also choose to cut pictures out of magazines or print images from the internet and glue on the plate below.

