

# MYPLATE

Can you complete all the activities on this page?

## MyPlate Word Scramble!

Unscramble the words below to find key elements of MyPlate.

1. IENNRSTTU

-----

2. YVTREIA

-----

3. OEHLW NAGSIR

-----

4. GEHCANS

-----

5. TEALHH

-----

6. ITURF

-----

7. AABCELN

-----

## Fill in the Blank!

Focus on choosing healthy foods and drinks from all five food groups including fruits, vegetables, grains, protein foods, and \_\_\_\_\_. This will help you get all the nutrients you need.

It's wise to choose foods with less sodium, saturated fat, and added \_\_\_\_\_.

Try to fill half your plate with fruits and \_\_\_\_\_ at each meal.

Choose mostly lean \_\_\_\_\_ and dairy foods.

