

Name: _____

Date: _____

Food Guide Toolkit: Healthy Plate Activity Sheet

Fruits	Vegetables	Grains	Proteins	Dairy
Apple	Carrots	Pasta	Beans/peas	Milk
Banana	Peppers	Rice	Tofu/Soy	Yogurt
Orange	Tomatoes	Bread	Nuts	Cheese
Pineapple	Spinach	Cereal	Peanut butter	Cottage Cheese
Kiwi	Cucumber	Oatmeal	Eggs	
Pear	Lettuce	Popcorn	Fish	
Berries	Celery		Meat	
Peach	Broccoli			
Melon	Onion			
Mango	Cauliflower			

