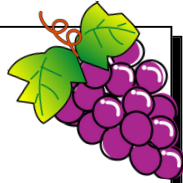


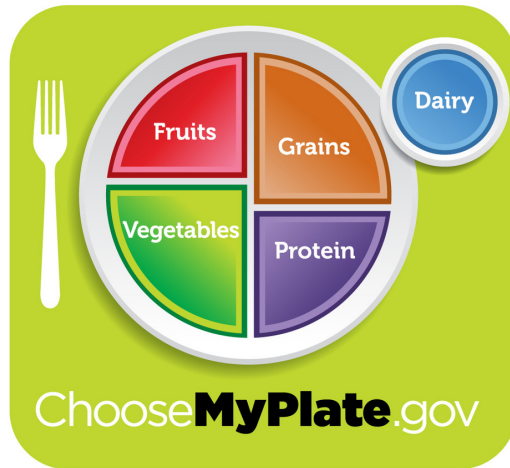
MyPlate Scavenger Hunt

Find 1 or 2 foods in your home that fit into each food group and draw or write them in the assigned box below.

Fruit:



Fruits can give you fiber and other essential nutrients, like Vitamin C (to keep your teeth and gums healthy).



Vegetables:

Vegetables are a great source of potassium and folate (to keep your heart healthy) and Vitamin A (to help your eyes and skin stay strong).

Grains:



Grains have fiber to help with digestion and they also have B Vitamins to help breakdown the food you eat and turn it into energy.

Protein:



Proteins help build strong bones, muscles, and skin. Some sources of protein have other nutrients like zinc that can protect you from getting sick.



Dairy:

Dairy products contain important nutrients like calcium to help build strong bones and teeth, and potassium that helps keep your heart healthy.