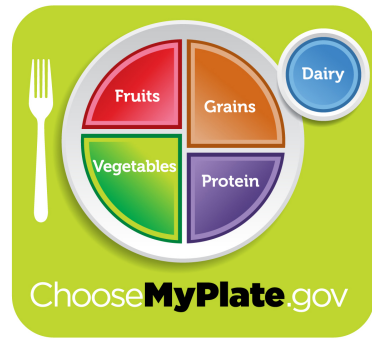


ChooseMyPlate.gov

MyPlate illustrates the five food groups that are the building blocks for a healthy diet:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



Look at the list of foods your group identified. Write them in the appropriate food group.

