

Name _____ Class period _____

A TRIP AROUND MYPLATE

1) Using the MyPyramid wheel record your personal requirements

Food Category	Requirements
Grains	
Vegetables	
Fruit	
Milk	
Meat & Beans	

Calories need per day:

2) Color and label Myplate



3) Visit each of the tables

- Write one slogan
- List 10 of your favorite foods from each sheet.

	Fruits	Vegetables	Protein	Milk	Grains
Slogan					
Fav foods					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					