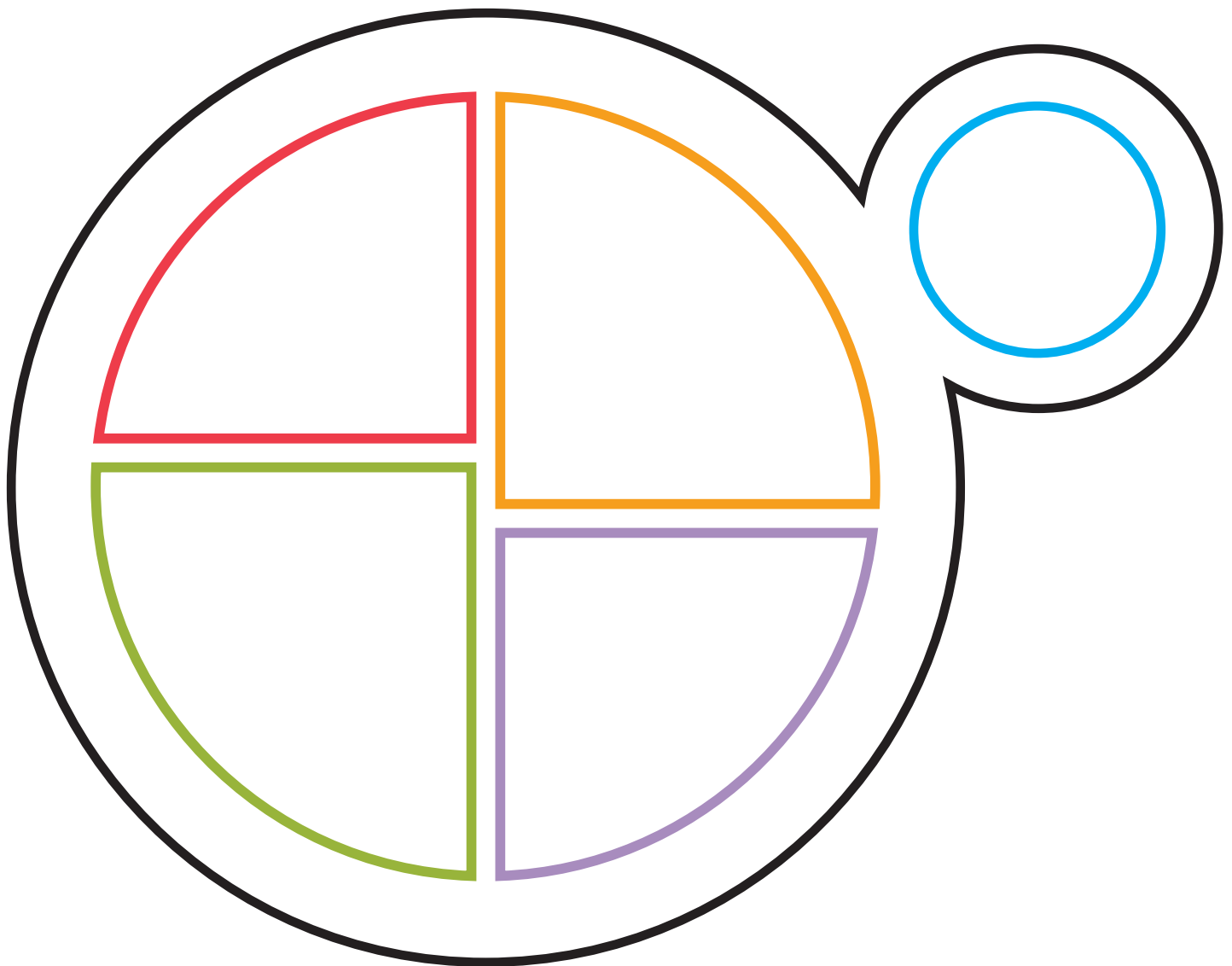


# Five Food Groups

eat smart.  
— be well. —

MyPlate is a reminder to find and build your healthy eating style. Use the word bank at the bottom of the page to fill in the food groups. Then, draw some of your favorite foods in each category.



**Fruits**

**Grains**

**Dairy**

**Veggies**

**Protein**