

How to Use This Worksheet

1.

Browse the food word bank and the five food categories.

2.

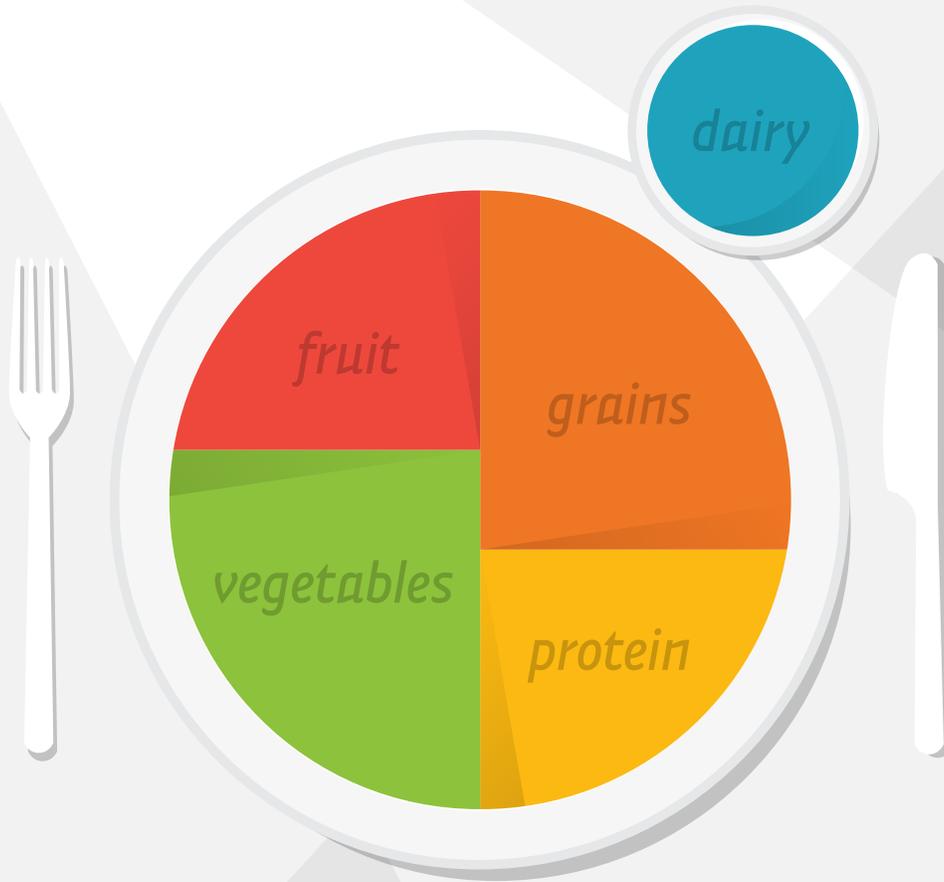
Each food group is identified by label and color.

3.

Place foods from each category into their correct locations on the plate under the correct food group.

4.

Create as many balanced meal combinations as you want!



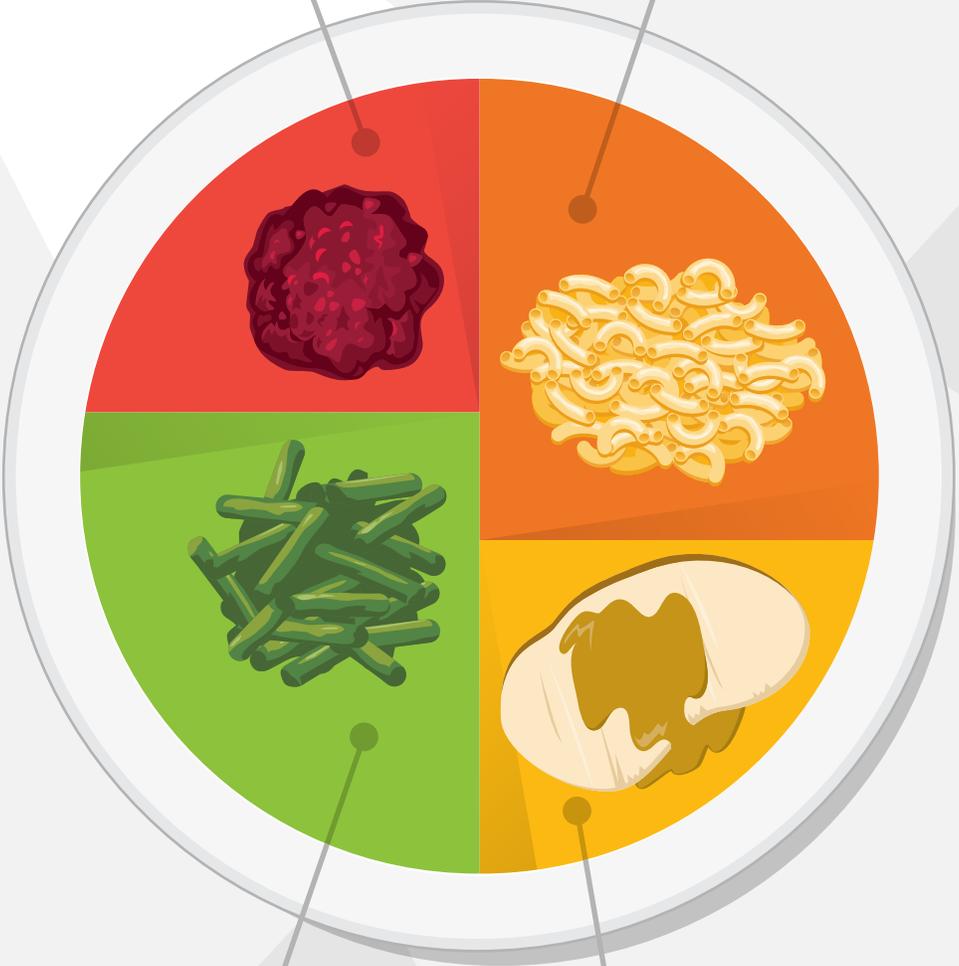
Healthy Foods Word Bank

Create word banks of foods for each of the five food groups utilizing the meal ingredients from the section below.

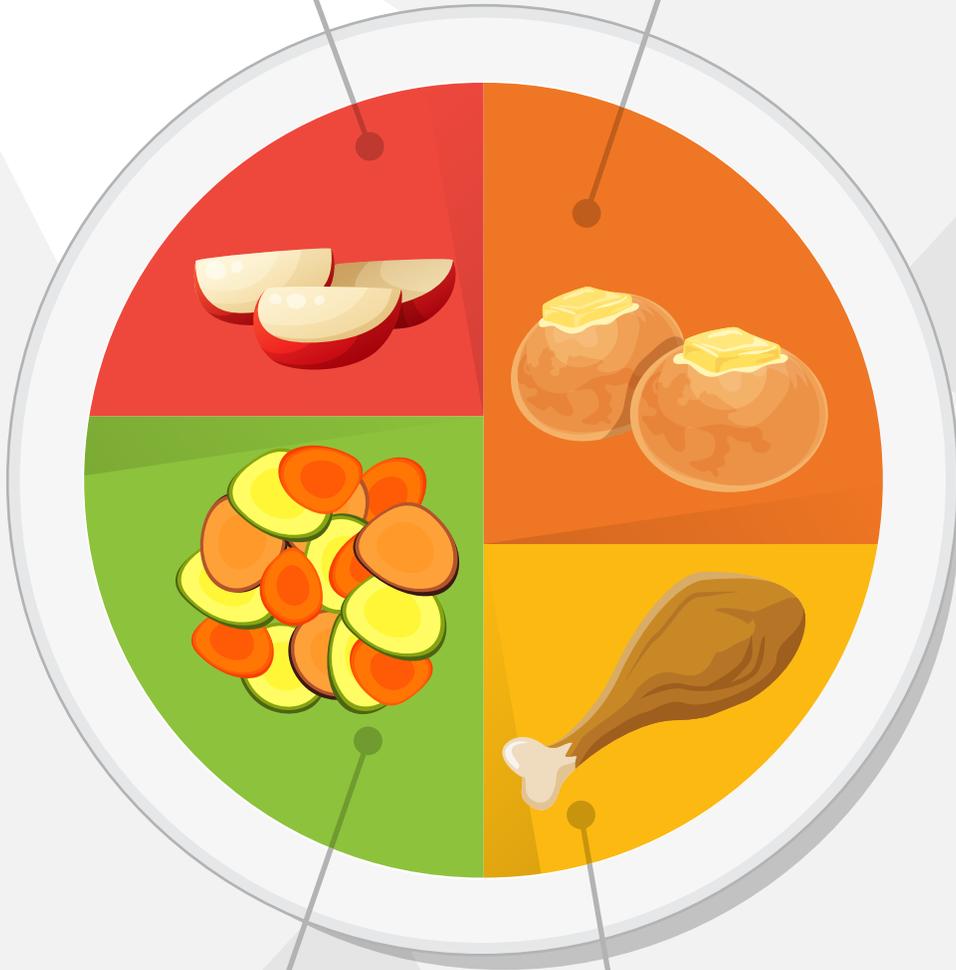
<i>fruit</i>	<i>vegetables</i>	<i>grains</i>	<i>protein</i>	<i>dairy</i>
apples orange slices pears cranberries	root vegetable medley broccoli squash green beans	tortilla wheat roll rice macaroni	fish beans chicken turkey	butter cheddar parmesan milk gravy

Each list of food words from the groups will have its own box and label.
Each box will correspond with the MyPlate color for the food group.

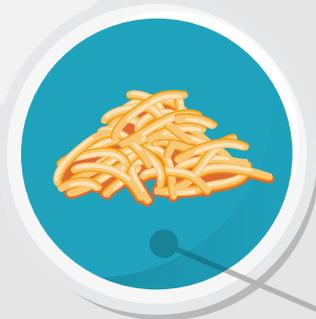
Feastive Feast



Home & Comfort



Savory Southwest



Fresh Catch

