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.

fruit
- apples
- orange slices
- pears
- cranberries

vegetables
- root vegetable medley
- broccoli
- squash
- green beans

grains
- tortilla
- wheat roll
- rice
- macaroni

protein
- fish
- beans
- chicken
- turkey

dairy
- 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.
Fresh Catch