



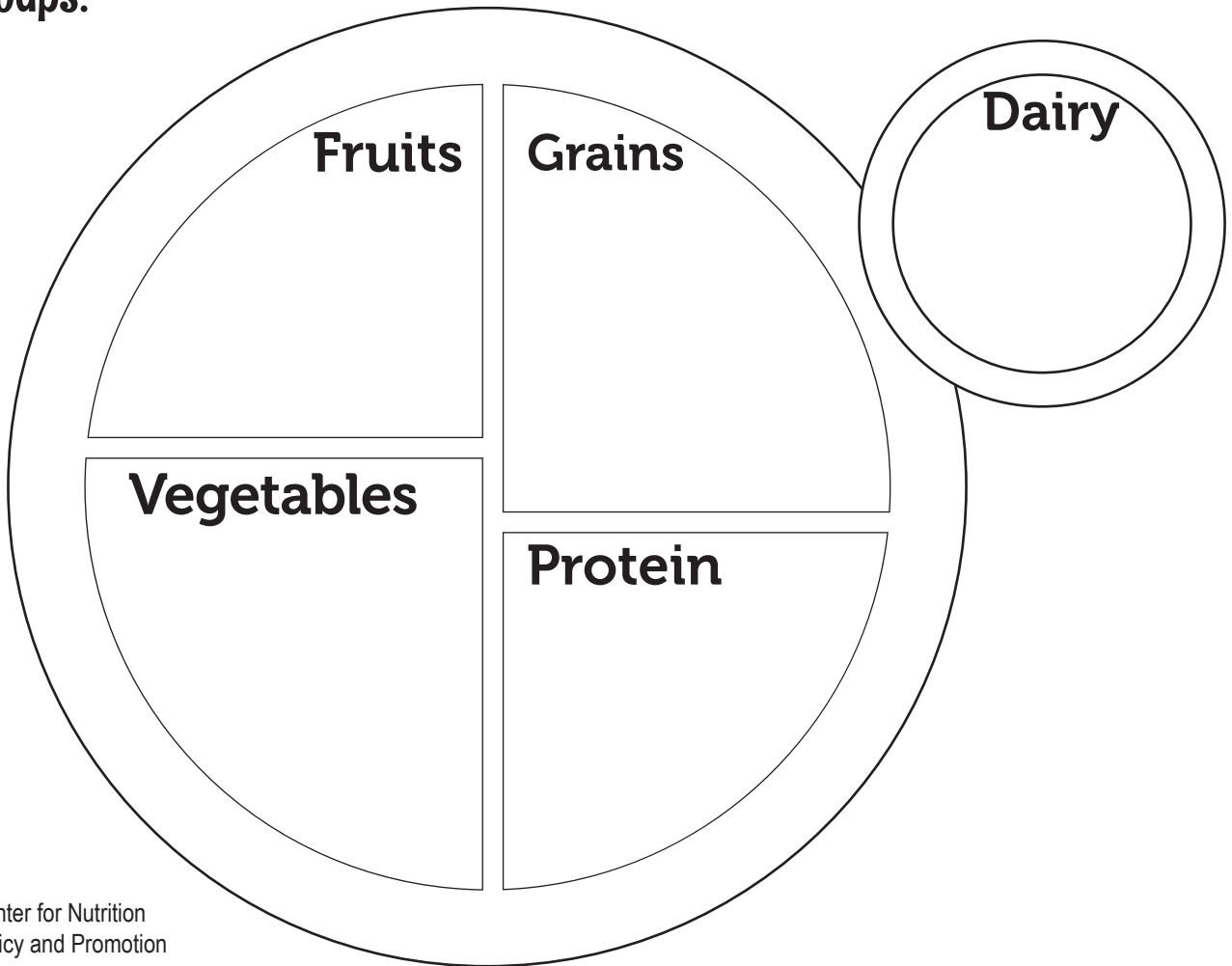
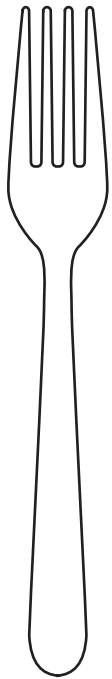
# MyPlate Worksheet

## HEALTHY EATING

Draw and color one of your favorite foods from each of the five food groups.

### Examples of the 5 Food Groups

Fruits	Vegetables	Grains	Protein	Dairy
Strawberry	Carrot	Bread	Meat	Milk
Orange	Broccoli	Pasta	Fish	Cheese
Apple	Beets	Cereal	Beans	Yogurt



**USDA** Center for Nutrition Policy and Promotion

### Healthy Eating Quiz

- (Circle one)
- Strawberries are a rich source of Vitamin C. True or False
  - You should eat more canned fruit than fresh fruit. True or False
  - Cookies are okay to eat every once in a while. True or False
  - Apples, broccoli, and beans are high in fiber. True or False
  - An avocado is considered a fruit. True or False

### Factoid

#### Did you know

There is a food and nutrition club at Cal Poly Pomona that bakes 1,000 pumpkin breads for the annual Pumpkin Festival?