



**LIST YOUR MENU ITEMS USING THE TIPS BELOW:**

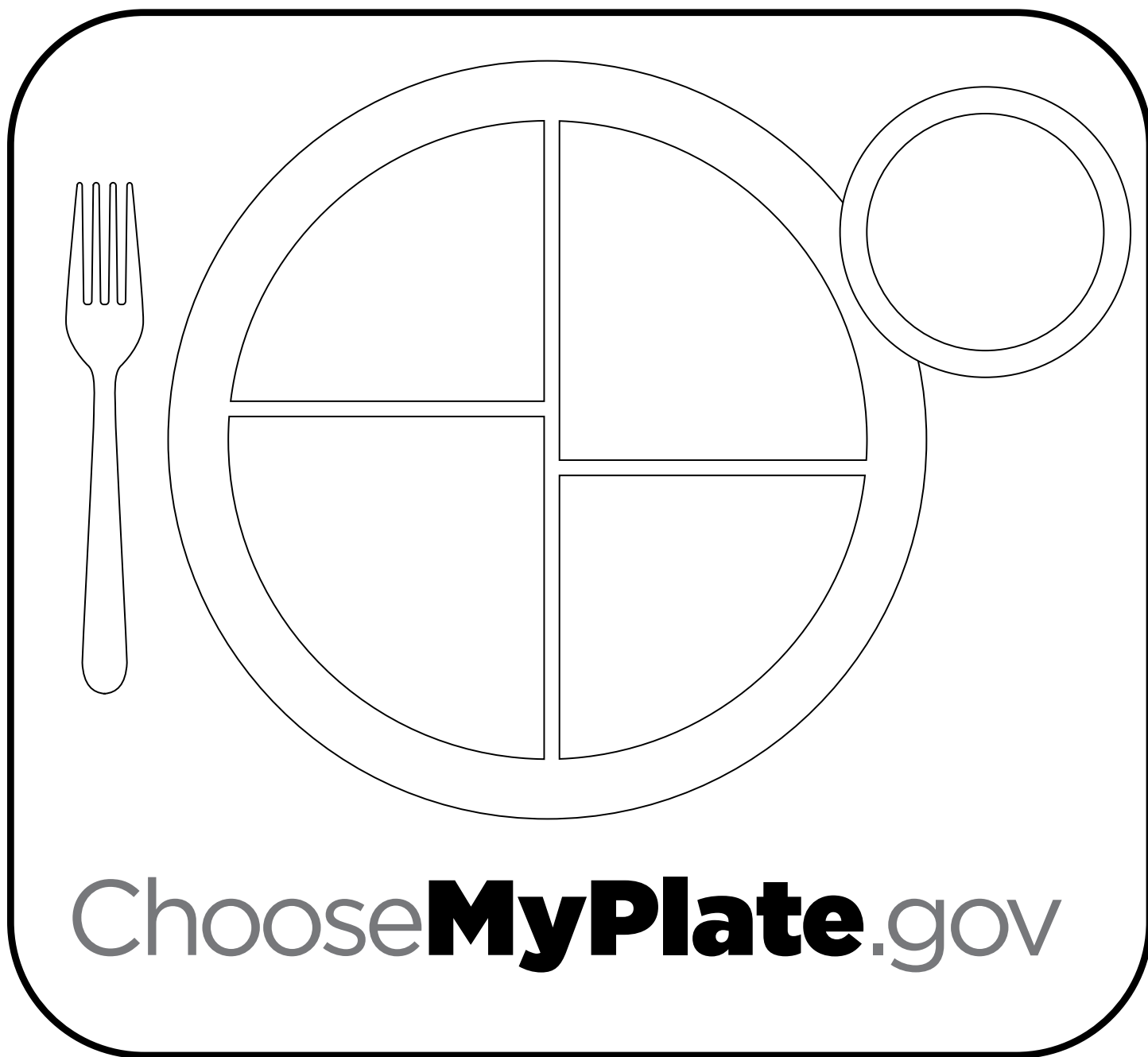
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

 **TIPS FOR YOUR MENU:**

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU! 

# DRAW YOUR MENU!





## Nutrition Facts Panel Practice Label reading & Ingredient List

How much of this product is in 1 serving?

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How much sugar has been added?

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What ingredient is present in the largest amount? Smallest?

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Are there any potential allergens IN the product? If so, what are they?

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Are there any potential allergens present in the facility that PRODUCES the product? If so, what are they?

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### Nutrition Facts

8 servings per container  
Serving Size 1 Bar (31g)

Amount Per Serving  
**Calories 130**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>11%</b>

**Protein** 3g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 0.7mg 4% • Potas. 70mg 0%

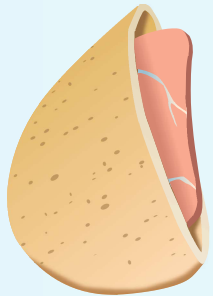
\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS: Whole Grain Rolled Oats Blend** (Rolled Oats, Cane Sugar, Canola Oil), **Brown Rice Syrup**, **Natural Peanut Butter** (Peanuts), **Rice Crisp** (Rice Flour, Sugar, Malt Extract, Salt), **Dark Chocolate Chips** (Sugar, Chocolate Liquor, Cocoa Butter, Non-GMO Soy Lecithin), **Non-GMO Canola Oil**, Salt.

**CONTAINS PEANUT AND SOY.  
MAY CONTAIN WHEAT, MILK, TREE NUTS.**

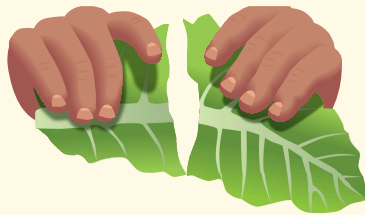
# Friendship Pocket

## 1 Pick a Protein Food



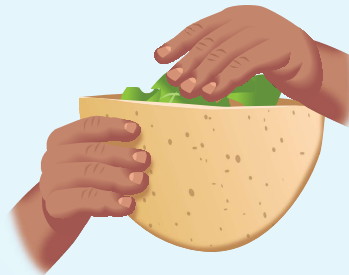
Fold a slice of turkey or ham. Put it in the pita pocket.

## 2 Veggie Time



Tear lettuce or spinach.

## 3 Greens Are Good



Add greens to pita.

## 4 Choose a Cheese



Put cheese inside pita.

## 5 Fruit Is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

## Ingredients

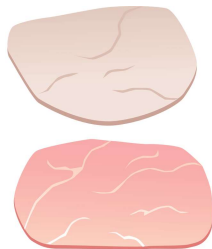
### Grains

whole-wheat pita bread



### Protein Foods

turkey or ham



### Vegetables

lettuce or spinach



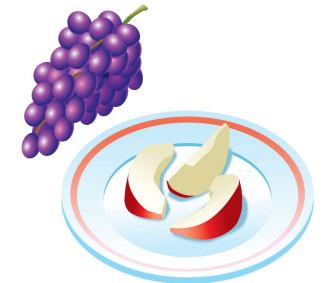
### Dairy

low-fat yellow or white cheese



### Fruits

apple slices or grapes



# Fruit-a-licious Breakfast Cup

**1 Start With Yogurt**



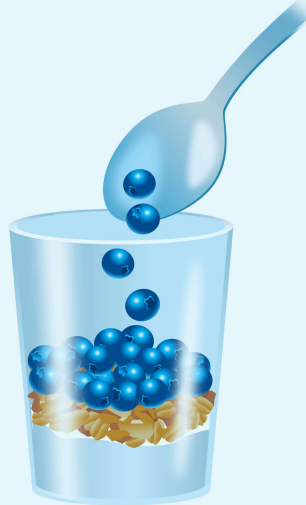
Spoon yogurt into your cup.

**2 Add Some Crunch**



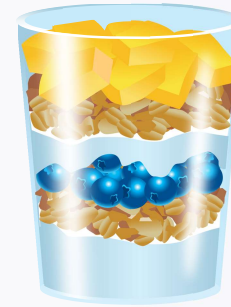
Spoon cereal on top of the yogurt.

**3 Pick Fruit**



Add some fruit on top of the cereal.

**4 Make a Pattern**



Add more yogurt, then cereal, then fruit.

**5 Enjoy**



## Ingredients



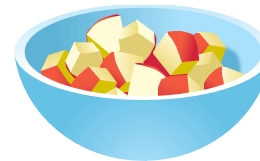
low-fat yogurt



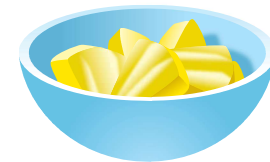
cereal

Choose fruits

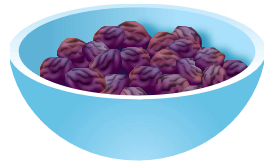
apple



pineapple



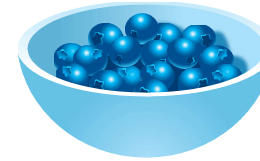
raisins



peaches



blueberries



banana



# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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---

How will you eat this vegetable?  
(As a snack, with dip, or for lunch.)

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# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more \_\_\_\_\_, \_\_\_\_\_



and whole grains

2. Eat foods lower in solid \_\_\_\_\_





























3. Get your \_\_\_\_\_ rich \_\_\_\_\_

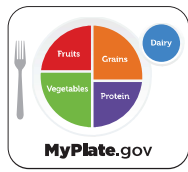


4. Be \_\_\_\_\_



## Code

A = 	N = 
B = 	O = 
C = 	P = 
D = 	Q = 
E = 	R = 
F = 	S = 
G = 	T = 
H = 	U = 
I = 	V = 
J = 	W = 
K = 	X = 
L = 	Y = 
M = 	Z = 



# MyPlate Word Blanks: "Winter Feast"

**How to play:** Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story back to them.

## WORD LIST

1. Boy's name: \_\_\_\_\_
2. Verb (past tense): \_\_\_\_\_
3. Noun (plural): \_\_\_\_\_
4. Verb (ending in "ing"): \_\_\_\_\_
5. Noun (plural): \_\_\_\_\_
6. Noun (plural): \_\_\_\_\_
7. Shape: \_\_\_\_\_
8. Adjective: \_\_\_\_\_
9. Vegetable (plural): \_\_\_\_\_
10. Adjective: \_\_\_\_\_
11. Vegetable (plural): \_\_\_\_\_
12. Man's name: \_\_\_\_\_
13. Vegetable (plural): \_\_\_\_\_
14. Name: \_\_\_\_\_
15. Noun (plural): \_\_\_\_\_
16. Protein food: \_\_\_\_\_
17. Fruit (plural): \_\_\_\_\_
18. Noun: \_\_\_\_\_
19. Adjective: \_\_\_\_\_
20. Adjective: \_\_\_\_\_

----- Fold Here -----

## "Winter Feast"



(1) \_\_\_\_\_ (2) \_\_\_\_\_ out of bed and pulled up the shades to his window. He looked outside and saw (3) \_\_\_\_\_ falling from the sky. The winter holiday season was (1) \_\_\_\_\_'s favorite time of the year. His whole family was coming over for dinner today and he wanted to surprise them by (4) \_\_\_\_\_ a pizza feast!

It was time to hit the kitchen. His mom heated the (5) \_\_\_\_\_, while (1) \_\_\_\_\_ mixed dough for the crust with his (6) \_\_\_\_\_ -- after washing them first, of course. His mom had bought whole wheat flour at the store, which he kneaded into a perfect (7) \_\_\_\_\_ crust, rolling it out nice and (8) \_\_\_\_\_.

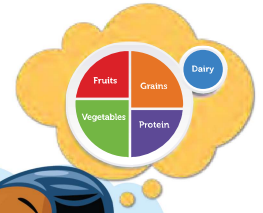
(9) \_\_\_\_\_ were his favorite vegetables, which he blended up with some tomatoes for the sauce. Then he sprinkled some low-fat (10) \_\_\_\_\_ cheese on top of that -- making a smiley face just for fun. The toppings were the best part! He used everyone's favorites: (11) \_\_\_\_\_ for Uncle (12) \_\_\_\_\_, (13) \_\_\_\_\_ for Cousin (14) \_\_\_\_\_, and (15) \_\_\_\_\_ for Grandma. Next, he threw on some (16) \_\_\_\_\_ for his mom, who loved her protein. Then it was time for his secret ingredient: (17) \_\_\_\_\_! He thought fruit would add a little extra fun!

His mom popped it in the (18) \_\_\_\_\_ to bake it and it smelled great! And it was ready just in time, too! As the family arrived at the front door, he announced, "On tonight's menu, we have (1) \_\_\_\_\_'s World-Famous (19) \_\_\_\_\_ Pizza! So come on in and dig in!" And that's just what they did! The evening was (20) \_\_\_\_\_ and merry, as they ate together around the fire.



# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



## Across

- Use the My \_\_\_\_\_ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- \_\_\_\_\_ are an orange vegetable.
- Try fat-free or low \_\_\_\_\_ foods when you can.
- Use whole-grain \_\_\_\_\_ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of \_\_\_\_\_.

## Down

- Chicken and turkey are examples of \_\_\_\_\_.
- Eat a variety of \_\_\_\_\_ from all of the groups.
- Broccoli and green beans are examples of a \_\_\_\_\_.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
- Salmon and trout are examples of \_\_\_\_\_.
- Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.

