

GRAINS

Write the following information into the GRAIN section of your Graphic Organizer and color the MyPlate template section ORANGE



VEGETABLES

Write the following information into the VEGETABLE section of your Graphic Organizer and color the MyPlate template section GREEN



FRUITS

Write the following information into the FRUIT section of your Graphic Organizer and color the MyPlate template section RED



PROTEINS

Write the following information into the PROTEIN section of your Graphic Organizer and color the MyPlate template section PURPLE



DAIRY

Write the following information into the DAIRY section of your Graphic Organizer and color the MyPlate template section BLUE



"LIMIT" FOODS

Write the following information into the LIMIT section of your MyPlate template

