

# MYPLATE TARSIA PUZZLE TEMPLATE



**Teacher Directions:** Cut apart the triangles, mix them up and place them in an envelope for student use.  
**Student Directions:** Match the characteristic with the term it is describing. Reference notes +/- or [website](#).

<p>Made up of whole or refined</p> <p><b>GRAINS</b></p> <p>Made up of plant &amp; lean animal sources</p>	<p><b>MYPLATE</b></p> <p>USDA Nutrition Guide based on the dietary guidelines</p> <p><b>PHYSICAL ACTIVITY</b></p> <p>60 minutes per day recommended</p> <p><b>SUGAR-SODIUM-FAT</b></p>
<p><b>PROTEINS</b></p> <p>Vary your high fiber plant sources</p> <p><b>VEGETABLES</b></p> <p>Focus on high fiber whole sources</p>	<p>Limit in your diet</p> <p><b>FRUITS</b></p> <p><b>DAIRY</b></p> <p>Choose low-fat or fat-free sources</p>