WHAT'S ON MY PLATE?

Cut out the pictures below and paste them on your plate to create a healthy and complete meal.
Cut out pictures of your favorite foods and glue them in the correct category.

<table>
<thead>
<tr>
<th>Category</th>
<th>Blank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
</tr>
<tr>
<td>Grains</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
</tr>
</tbody>
</table>
Example

Healthy Foods Worksheet completed with cut outs from magazines.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Grains</th>
<th>Protein</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Fruit1" /></td>
<td><img src="image2" alt="Vegetable1" /></td>
<td><img src="image3" alt="Grain1" /></td>
<td><img src="image4" alt="Protein1" /></td>
<td><img src="image5" alt="Dairy1" /></td>
</tr>
<tr>
<td><img src="image6" alt="Fruit2" /></td>
<td><img src="image7" alt="Vegetable2" /></td>
<td><img src="image8" alt="Grain2" /></td>
<td><img src="image9" alt="Protein2" /></td>
<td><img src="image10" alt="Dairy2" /></td>
</tr>
<tr>
<td><img src="image11" alt="Fruit3" /></td>
<td><img src="image12" alt="Vegetable3" /></td>
<td><img src="image13" alt="Grain3" /></td>
<td><img src="image14" alt="Protein3" /></td>
<td><img src="image15" alt="Dairy3" /></td>
</tr>
</tbody>
</table>

_INNOVATIVE TEACHER_

INNOVATIVE TEACHER
Example

Healthy Foods Worksheet completed with food clipart included.

### Healthy Foods

Cut out pictures of your favorite foods and glue them in the correct category.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Grains</th>
<th>Protein</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Fruit" /></td>
<td><img src="image2" alt="Vegetable" /></td>
<td><img src="image3" alt="Grain" /></td>
<td><img src="image4" alt="Protein" /></td>
<td><img src="image5" alt="Dairy" /></td>
</tr>
</tbody>
</table>

INNOVATIVE TEACHER
Unhealthy Foods

Color the foods that are high in sugar red. Color the food that are high in fat yellow.
Unhealthy Foods

Answer Key
Food

Strawberry

Watermelon

Pear

Apple

Banana

Grape
Food

Corn

Carrot

Pea

Broccoli

Bell Pepper
Food

Bagel

Bread

Potato

Pretzel

Rice
Food

Hot Dog/Sausage

Egg

Bacon

Chicken Nugget

Bean

Fish
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