



BUILD A HEALTHY MEAL WITH MyPLATE

Name: _____

Partner: _____

MEAL #1

Dairy	_____

Fruit	_____

Grain	_____

Protein	_____

Vegetable	_____

MEAL #2

Dairy	_____

Fruit	_____

Grain	_____

Protein	_____

Vegetable	_____

MEAL #3

Dairy	_____

Fruit	_____

Grain	_____

Protein	_____

Vegetable	_____

MEAL #4

Dairy	_____

Fruit	_____

Grain	_____

Protein	_____

Vegetable	_____
