



# 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 \_\_\_\_\_

\_\_\_\_\_