

Name: _____

Date: _____

Healthy Plate Activity Sheet

Vegetables	Fruits	Proteins	Whole Grains
Carrots	Apple	Beans/lentils	Pasta
Tomatoes	Banana	Milk	Rice
Cucumber	Orange	Tofu/Soy	Bread
Lettuce	Pineapple	Nuts	Cereal
Broccoli	Kiwi	Peanut butter	Oatmeal
Onion	Berries	Eggs	Popcorn
Cauliflower	Peach	Fish	
	Mango	Meat	
		Cottage Cheese	
		Yogurt	
		Cheese	

