

Name \_\_\_\_\_

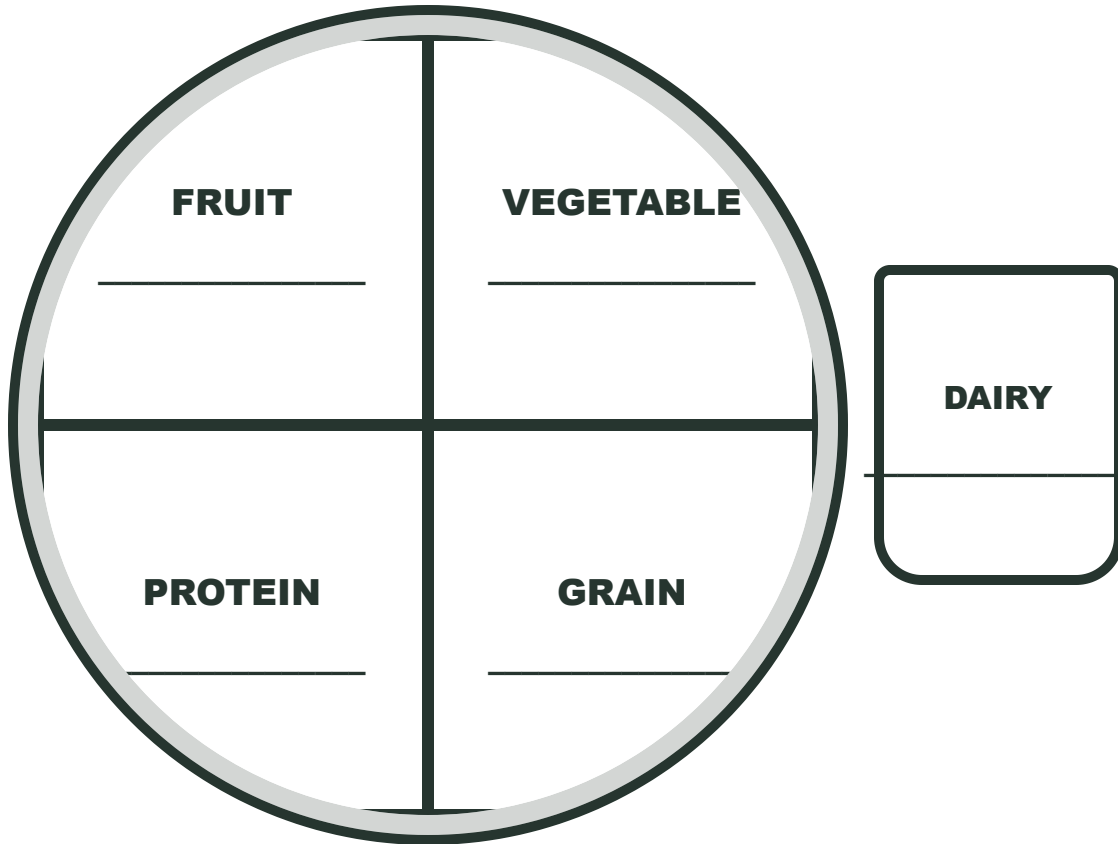
Date \_\_\_\_\_


# Build a Balanced Plate


Plan a meal using several food groups





**Directions:** Choose one fruit, vegetable, protein, and grain. Add one dairy choice. Write your meal.




   
**Apple**

   
**Banana**

   
**Broccoli**

   
**Carrot**

   
**Beans**

   
**Chicken**

   
**Brown rice**

   
**Whole-grain bread**

   
**Milk**

   
**Yogurt**