



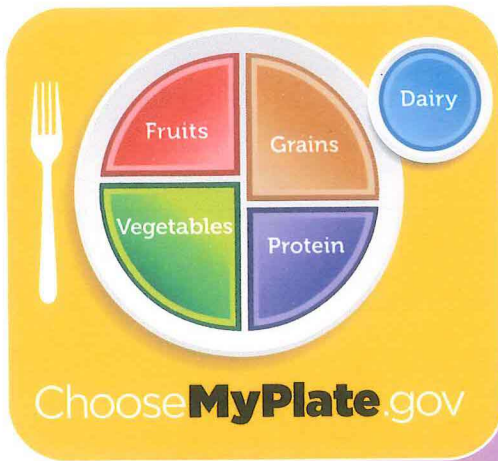
United States Department of Agriculture

# Meet MyPlate

The *MyPlate* icon reminds us that we need to eat and drink foods from the five food groups. **Fruits**, **Vegetables**, **Dairy**, **Grains**, and **Protein Foods** are important for good health. *MyPlate* shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

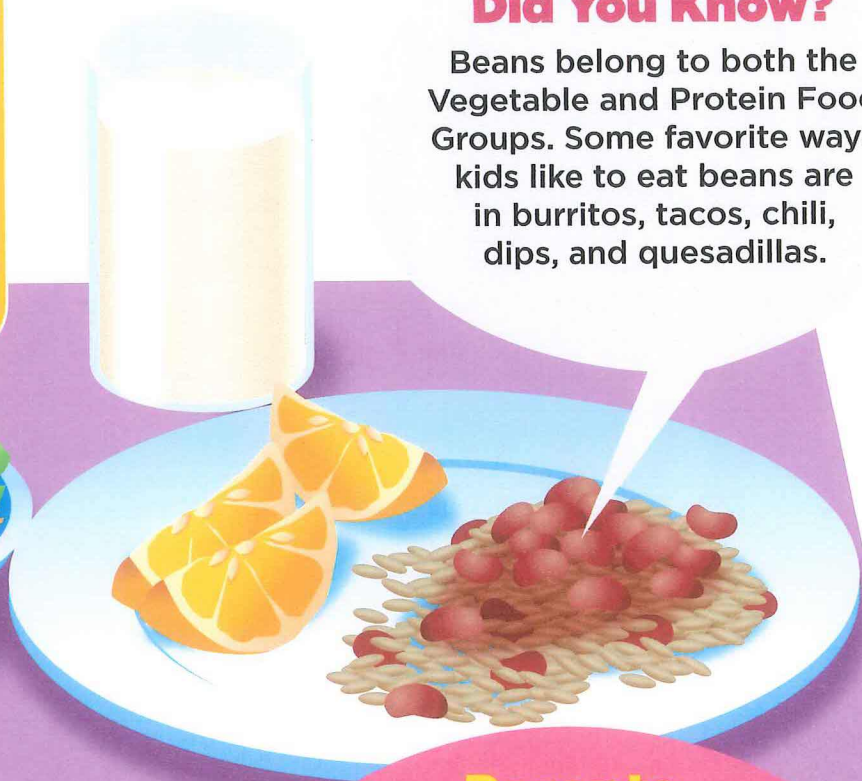
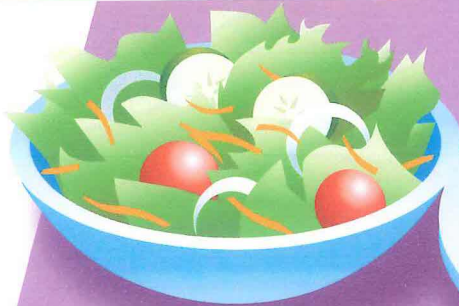
## MyPlate Matching Game

Draw a line from each section of *MyPlate* to the correct foods below.



### Did You Know?

Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.



### Parents

Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on *MyPlate* can be found at <http://www.choosemyplate.gov>.



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<http://teammnutrition.usda.gov>

Answers: FRUIT: orange, VEGETABLE: garden salad, PROTEIN FOOD: beans, GRAIN: rice, DAIRY: milk.

