































My Healthy Plate Project Activity

Which Food Group do these foods belong to?

Carrots 	Bread 	Tomato 	Banana 	Yogurt 	Watermelon 
Cucumber 	Cereal 	Peanuts 	Lettuce 	Pumpkin 	Beet 
Cheese 	Pineapple 	Chicken 	Pasta 	Milk 	Cauliflower 
Rice 	Beans 	Mango 	Fish 	Sweet Peppers 	Papaya 
Eggs 	Okra 	Oats 	Star fruit 	Mutton 	Guava 

Put an X on all the fruits.

Put an O on all the vegetables.

Put an Δ on all of the grains.

Put an ★ on all of the proteins.

Put an ☺ on all the dairy foods.