Label the food groups on the plates below. Then, cut and paste pictures from the bottom of the page to show a well balanced menu for 1 day. Use the guidelines to make sure you don’t go over.

Guidelines:
- Fruits – 2 cups
- Vegetables – 2 ½ - 3 cups
- Grains – 6 – 8 ounces
- Protein – 5 ½ - 6 ⅓ ounces
- Dairy – 3 cups
My Plate Sample

Using the foods at the bottom of the page, cut and paste some of the foods to each plate to show a well balanced menu for one day.

Guidelines:
Fruits – 2 cups
Vegetables – 2 ½ - 3 cups
Grains – 6 – 8 ounces
Protein – 5 ½ - 6 ½ ounces
Dairy – 3 cups