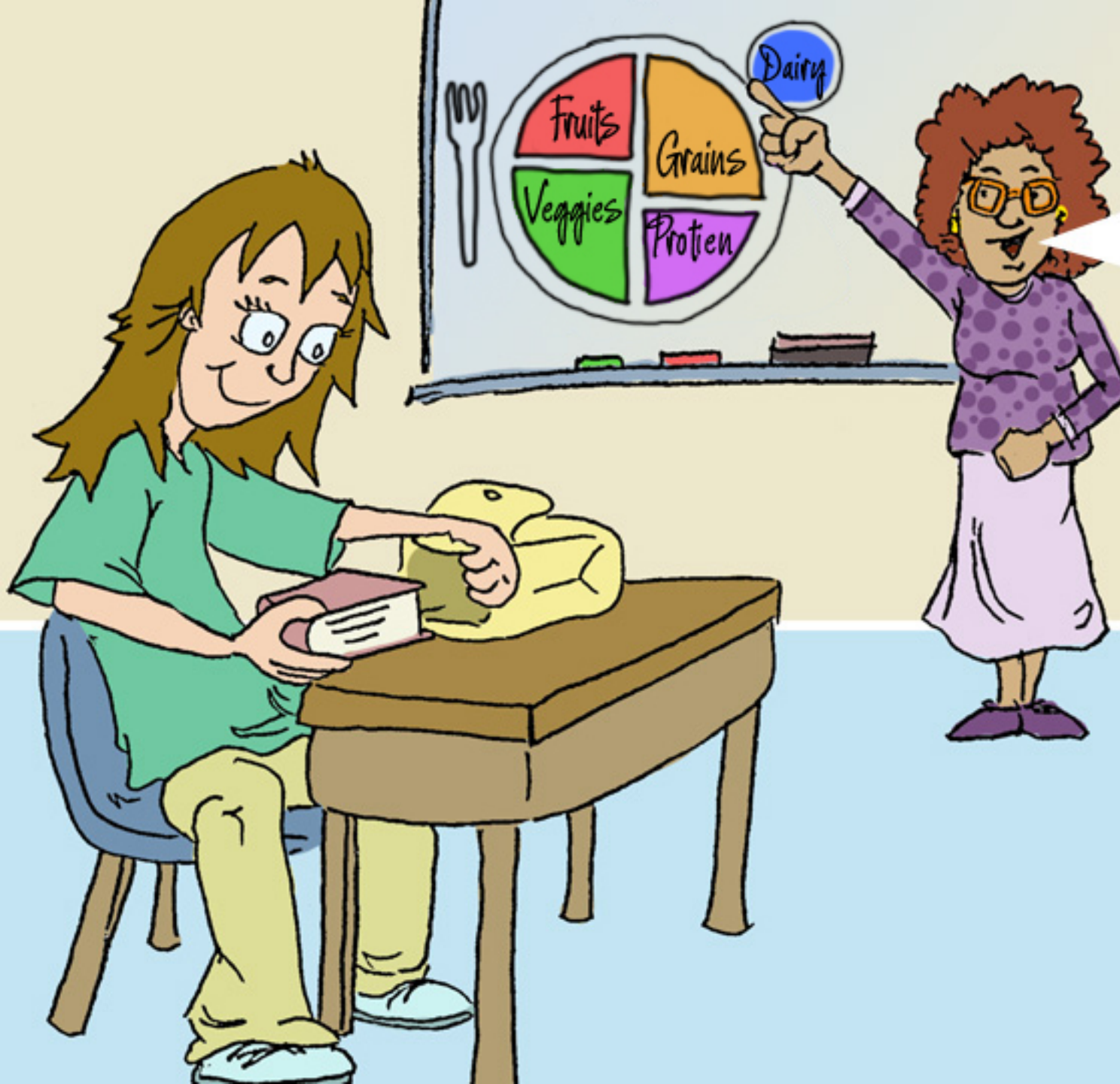


# BUILDING THE GREAT FOOD PLATE

STARRING

Annie Appleseed

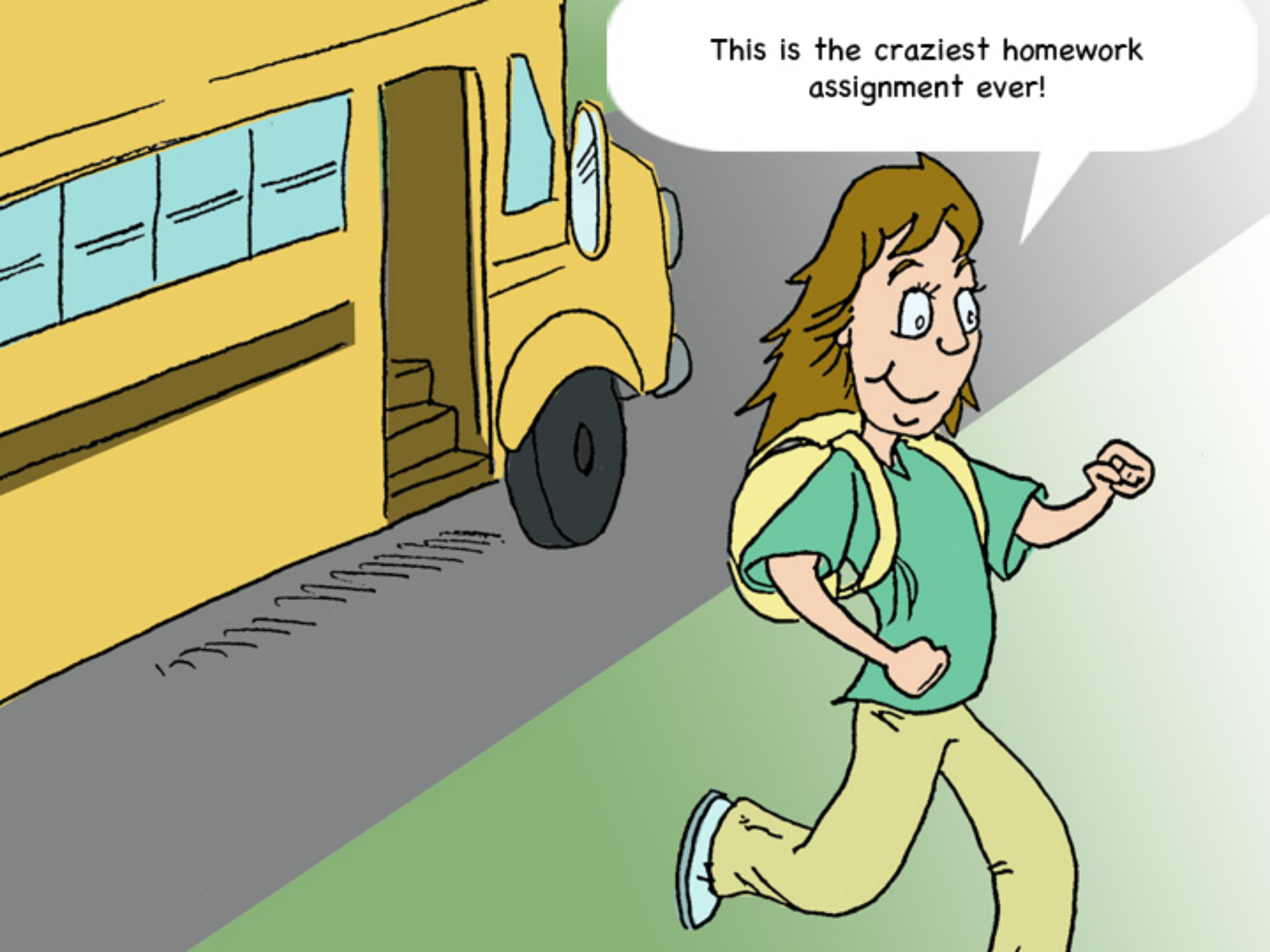




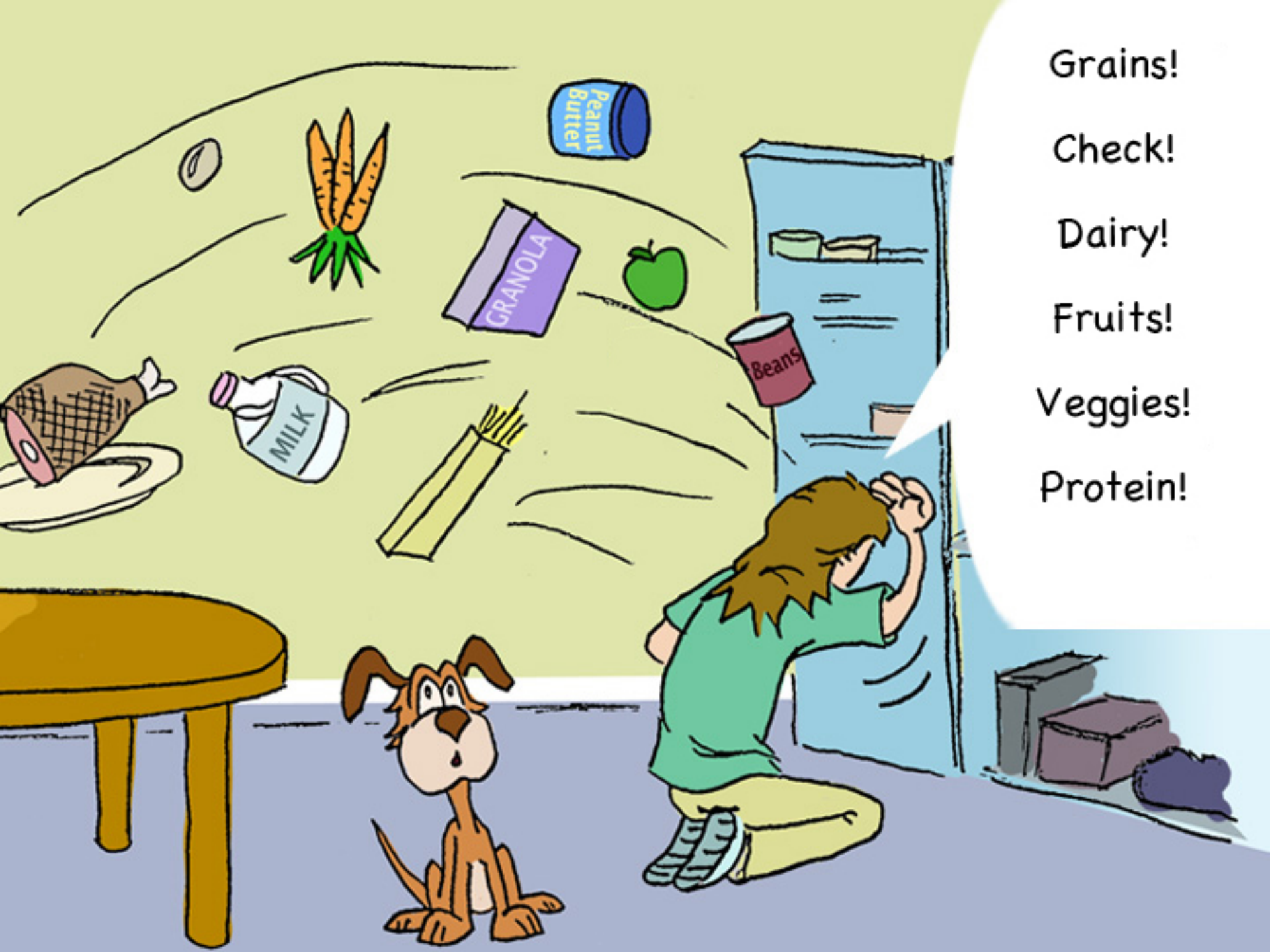
Great job learning about nutrition today class! Don't forget your "MyPlate" homework assignment. Make your very own food plate to share with the class!

Hmmm... Food Plate??





This is the craziest homework assignment ever!



Grains!

Check!

Dairy!

Fruits!

Veggies!

Protein!



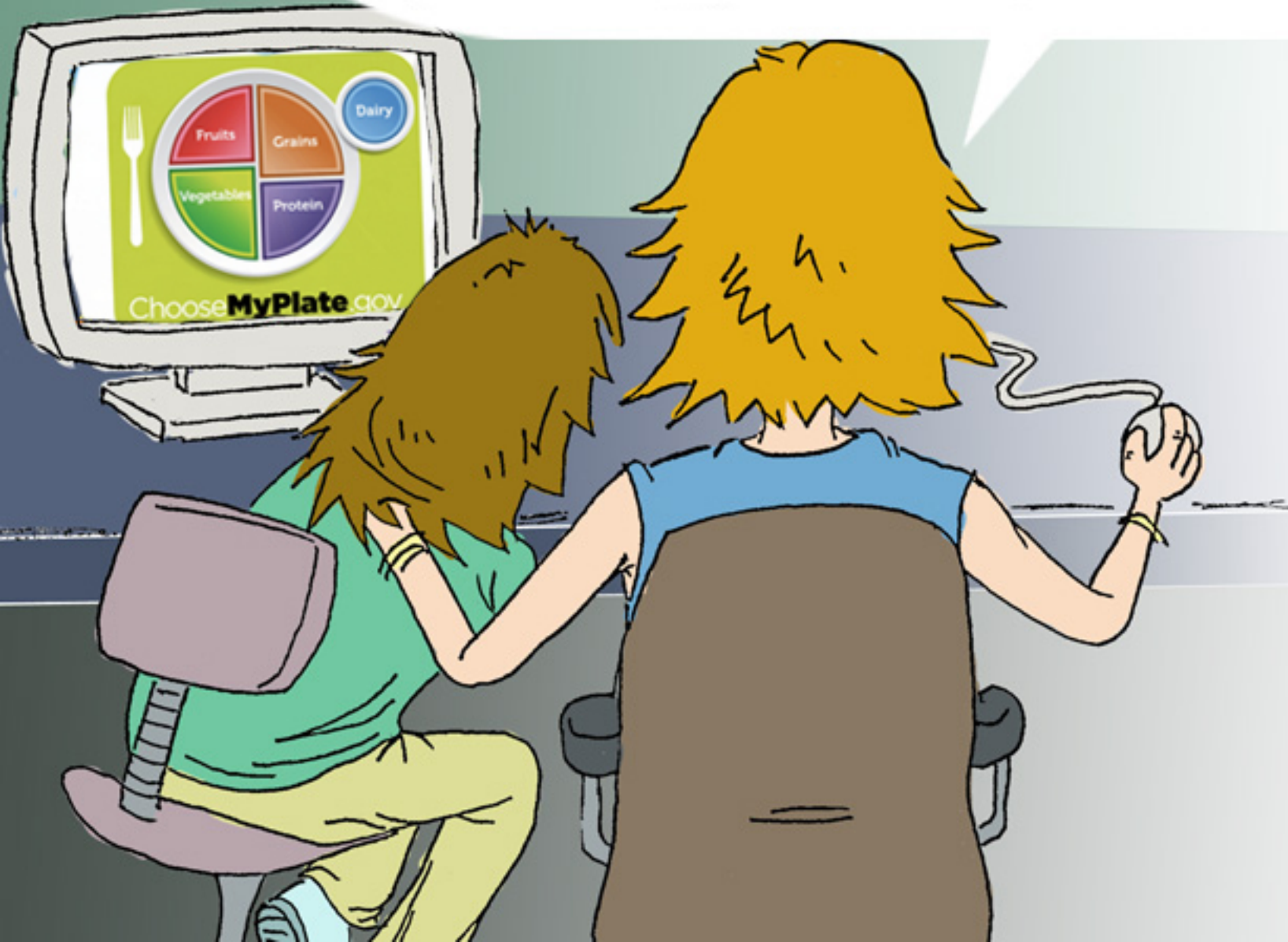
Annie! What are you doing?

I have to make a food plate for homework!

Oh Annie!



You don't have to get out real food Annie! MyPlate is a guide to help you choose a healthy balance of food each day. Follow these guidelines and MyPlate will help you grow strong and stay healthy.





I'm tired now!

Well, at least you  
got in your  
physical activity!



# THE END

Check out MyPlate  
online at:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

