

Name: _____

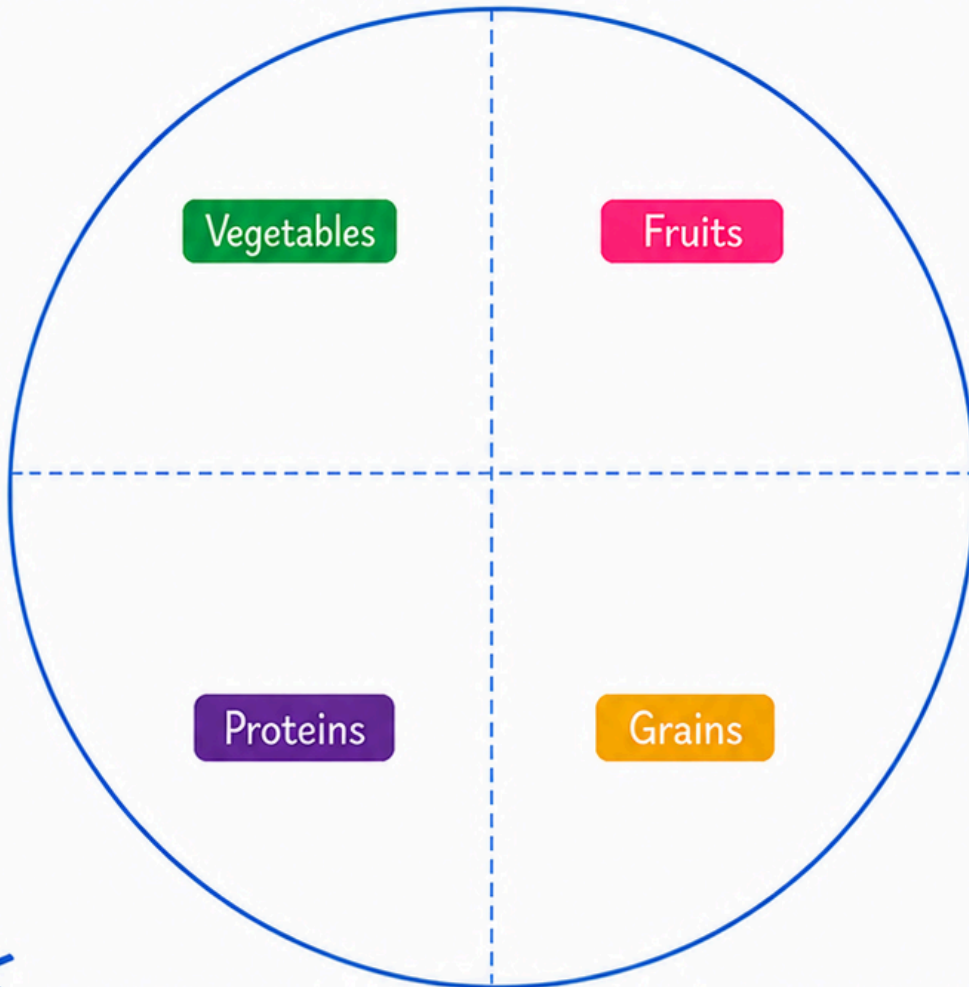
Build a Healthy Plate!

Cut and paste the foods to build a healthy plate.

What is your favorite healthy food?

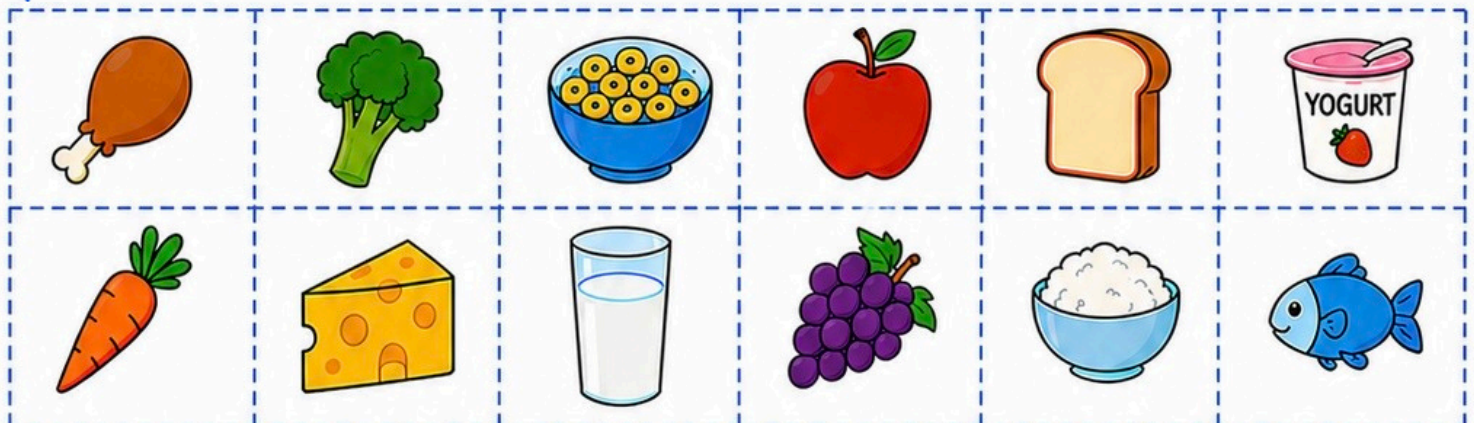
Good job!

You built a
healthy plate!



Dairy

Don't forget
to drink
water!



Build a Healthy Plate!

Cut and paste the foods to build a healthy plate.

What is your favorite healthy food?

Good job!

You built a
healthy plate!



Vegetables

Fruits

Proteins

Grains

Dairy

Don't forget
to drink
water!

