

Lesson 2 | MyPlate Placemat

Activity 1

Write your name. Draw a picture of one food from each food group on the *MyPlate*.

Name: _____

The placemat is a large oval divided into five sections: Fruits (top-left), Grains (top-right), Protein (bottom-right), Vegetables (bottom-left), and Dairy (a separate circle on the right). A fork is positioned to the left of the main plate. The Dairy section is labeled 'Dairy'. The placemat is surrounded by various food icons for drawing, including: corn, rice, banana, broccoli, cheese, chicken, carrot, apple, beans, bell pepper, cinnamon sticks, bread, eggs, mushrooms, tomatoes, peas, rice, lettuce, cucumber, broccoli, nuts, and a bowl of cereal. On the left side, there are icons for a bunch of grapes, a jar of jam, a carton of milk, a whole orange, a bowl of cereal, a head of lettuce, and a whole orange.