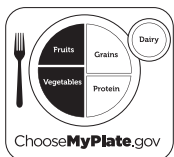
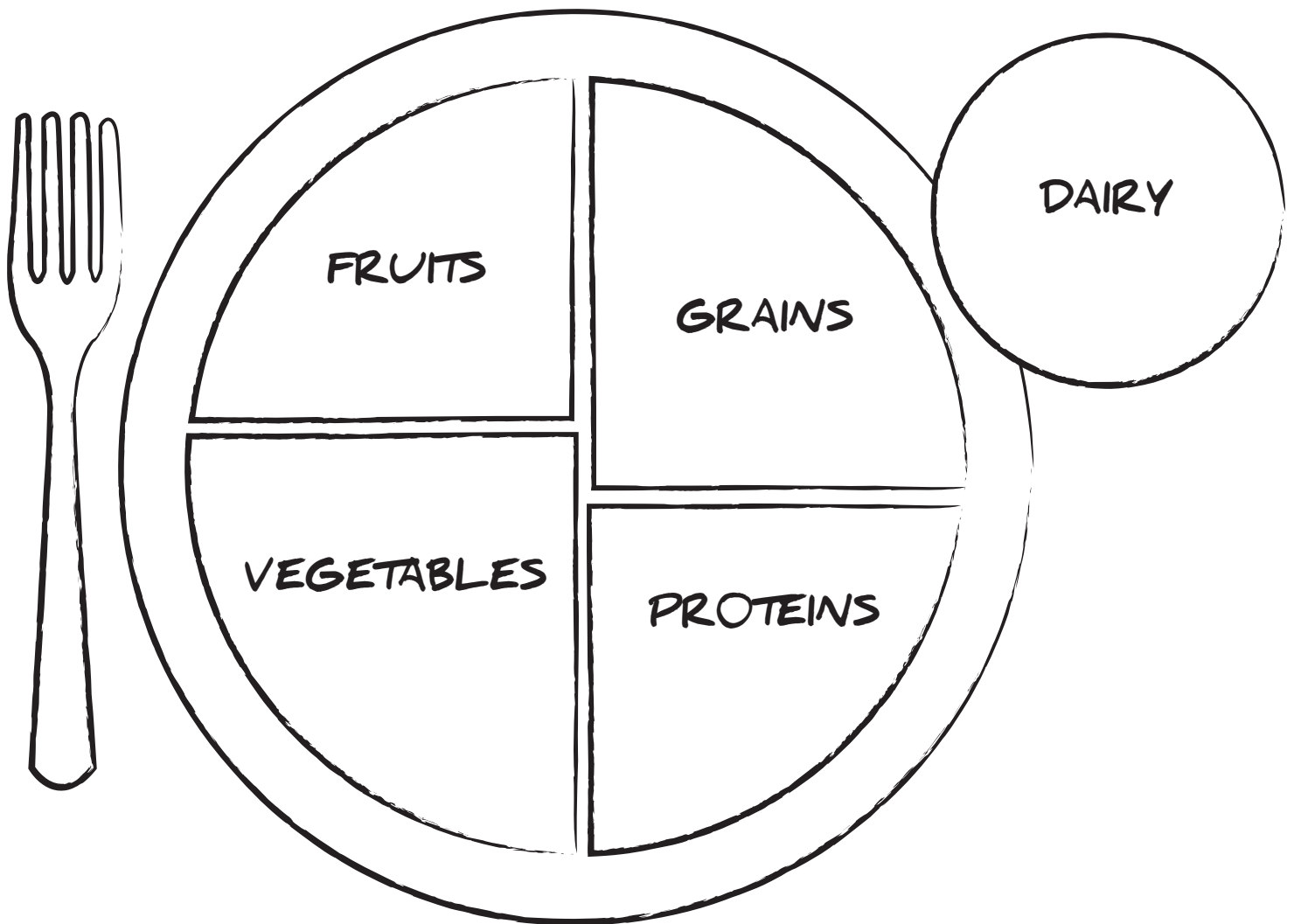


WHAT'S ON YOUR PLATE?

Go! Fill in the plate with a meal you ate. Make sure to put the food items in the right sections of the plate.



This concept is from ChooseMyPlate.gov.

For more information please visit www.choosemyplate.gov