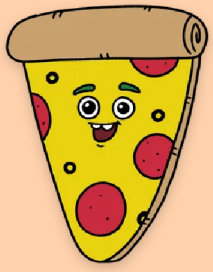
SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

My Healthy Plate

Label the five food groups on the plate and cup, then draw a healthy lunch of your own.

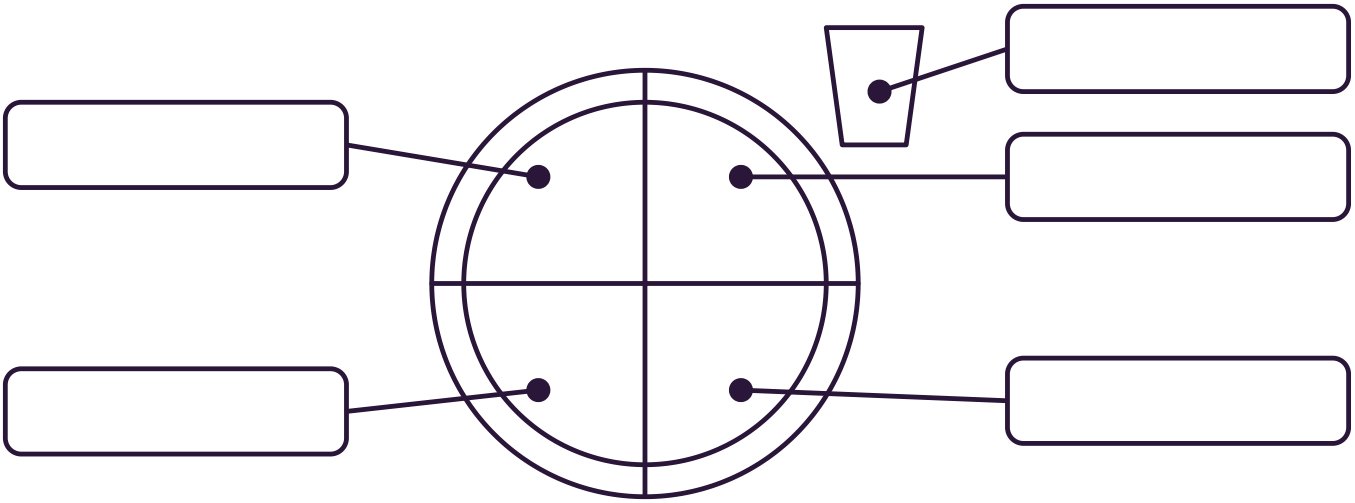


Name: _____ **Date:** _____

Word bank

fruits | vegetables | grains | protein | dairy

Label each part of the plate and the cup.



Draw a healthy lunch with a food from every group.

Art © Kevin Coulston