

Name: _____

Date: _____

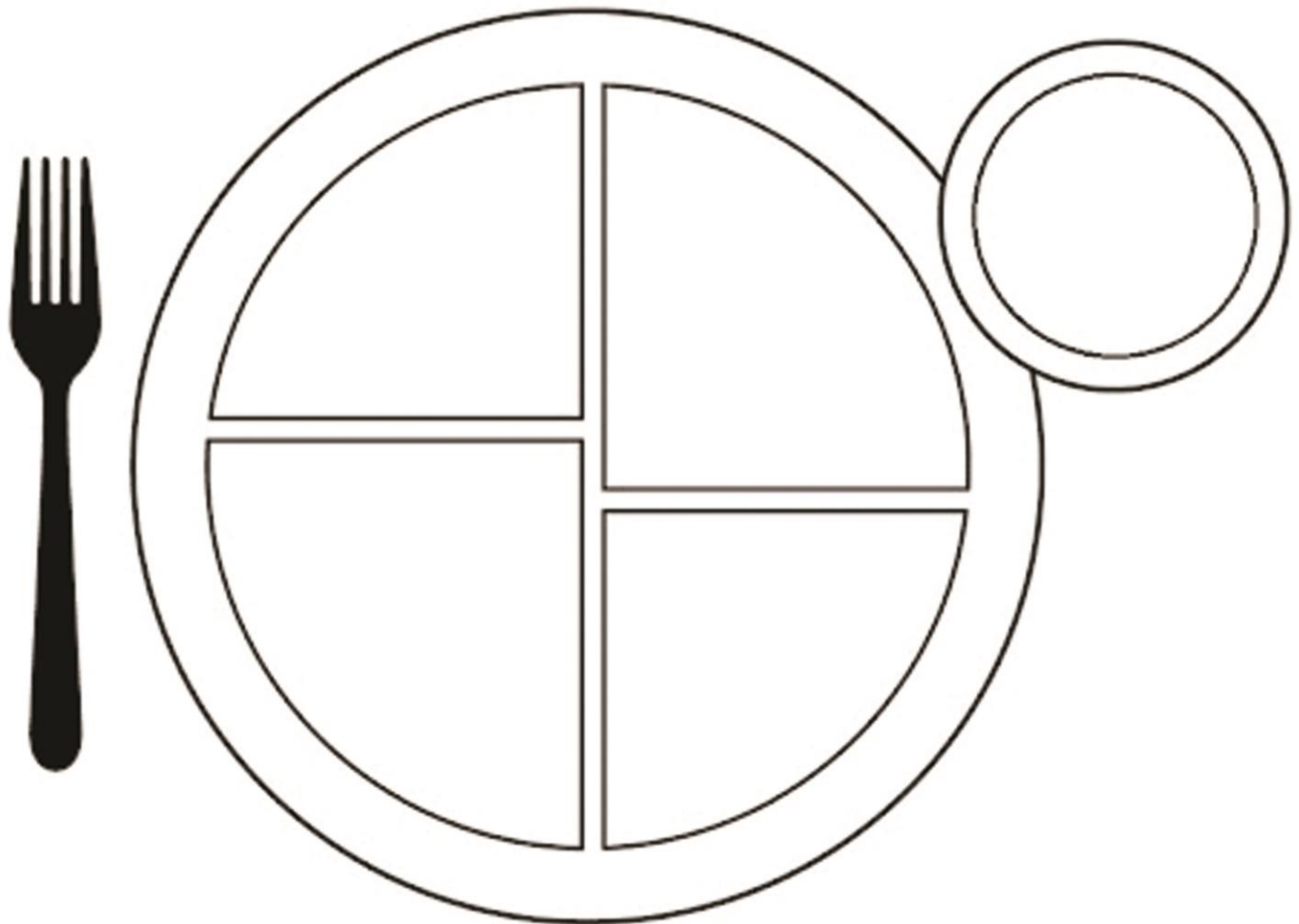
“Your Road to Health” Activity

Create a MyPlate Meal



Directions:

1. Using the MyPlate graphic on the right as a guideline, create a healthful meal by writing the names of your food and beverage choices within the appropriate sections of the blank graphic below.



2. Use the space below to explain why you made these food and beverage choices.
