

# MyPlate Student Worksheets For

## ELEMENTARY





Name: \_\_\_\_\_

Partner: \_\_\_\_\_

### Meal #1

Dairy \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Protein \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

### Meal #2

Dairy \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Protein \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

### Meal #3

Dairy \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Protein \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

### Meal #4

Dairy \_\_\_\_\_  
\_\_\_\_\_

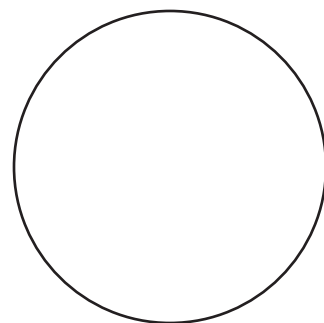
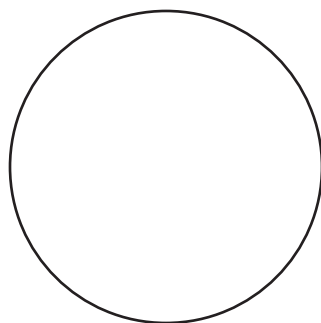
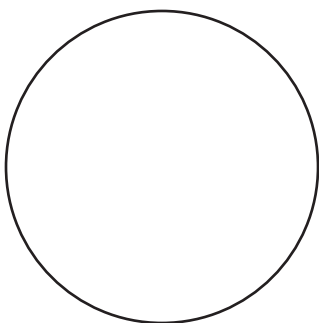
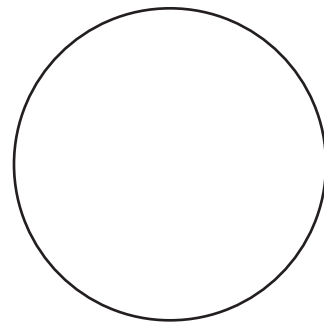
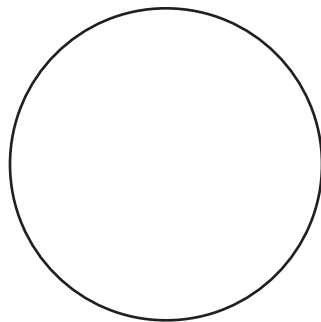
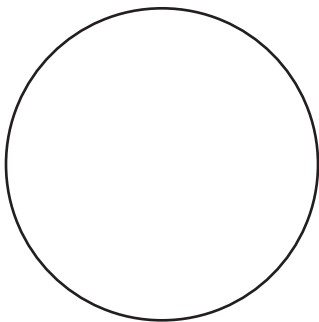
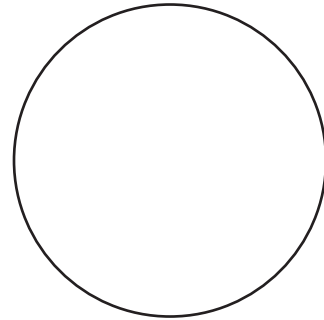
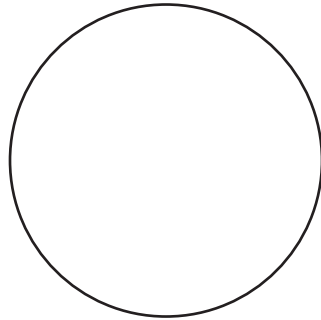
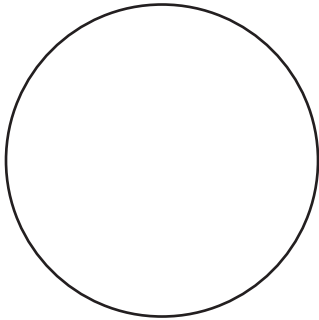
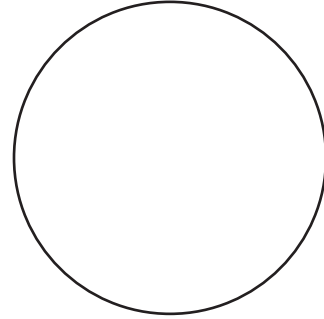
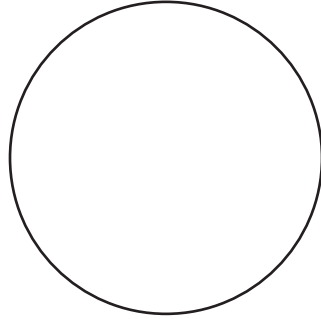
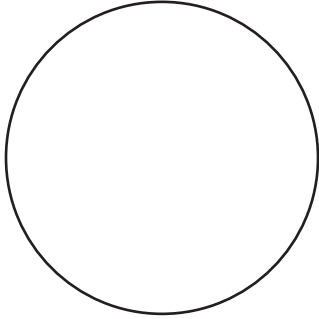
Fruit \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

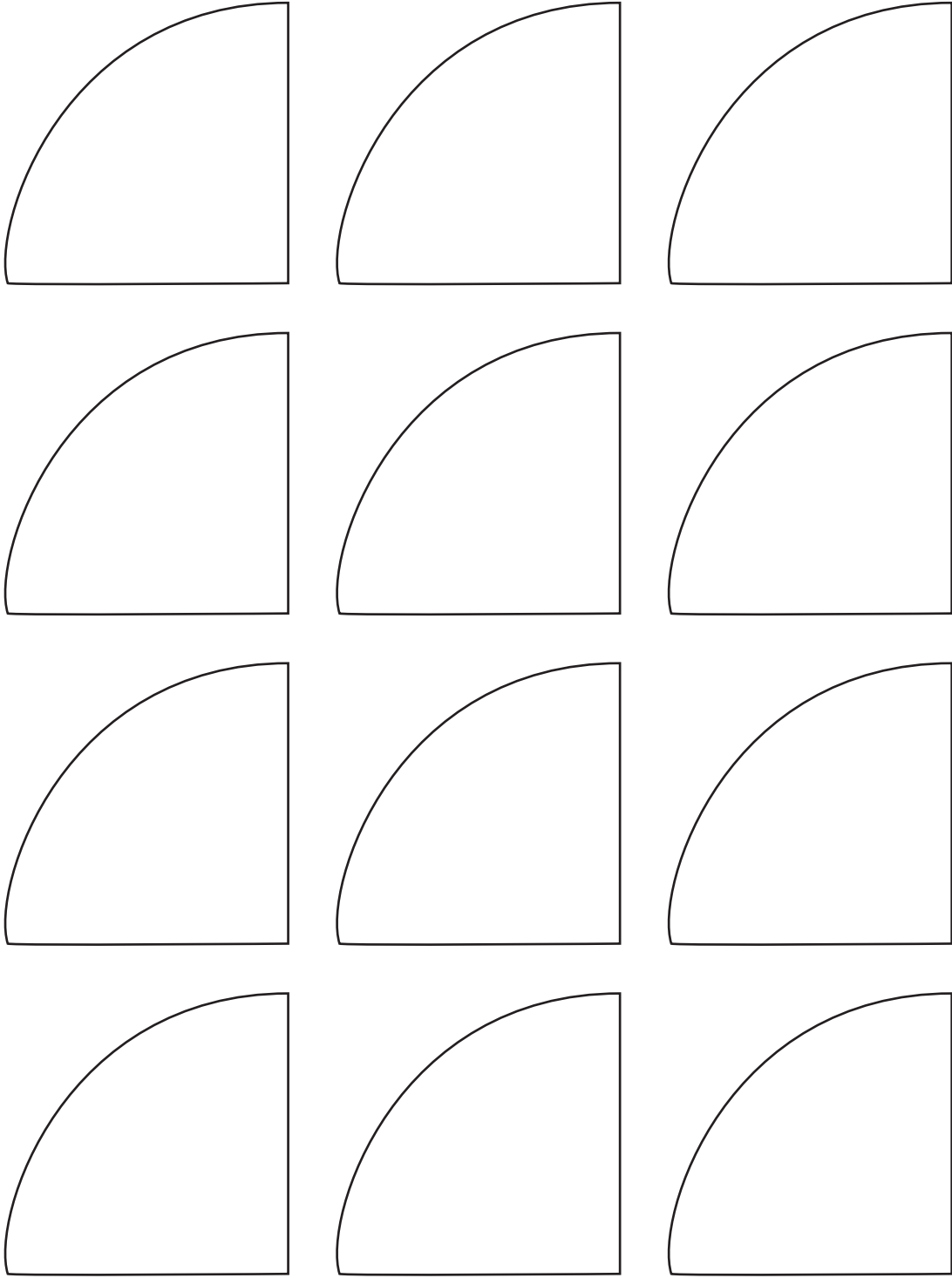
Protein \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

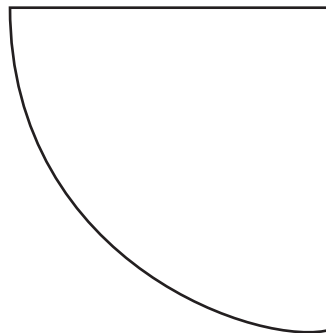
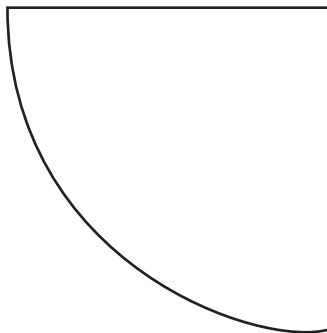
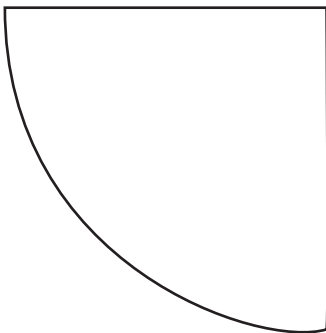
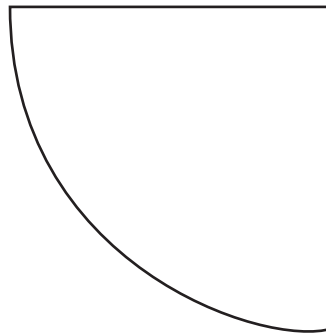
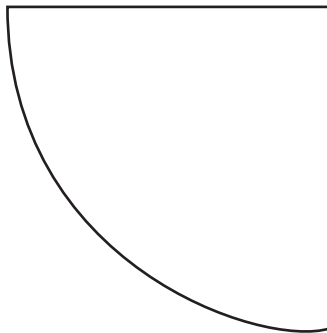
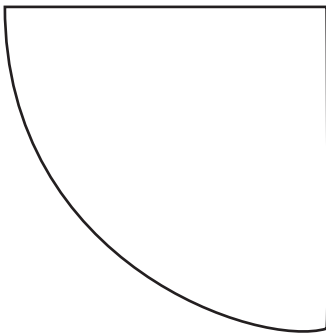
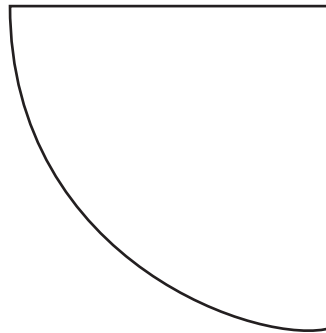
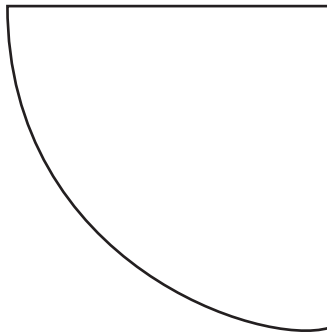
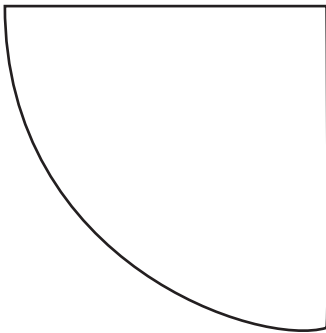
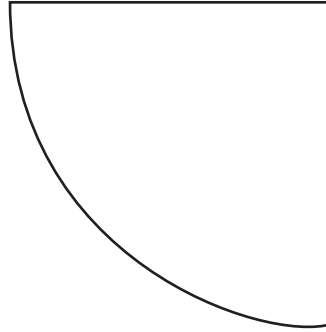
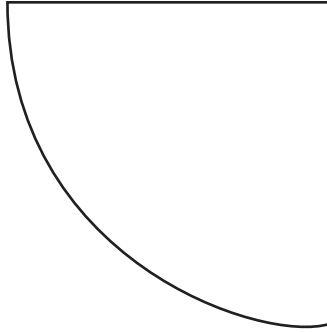
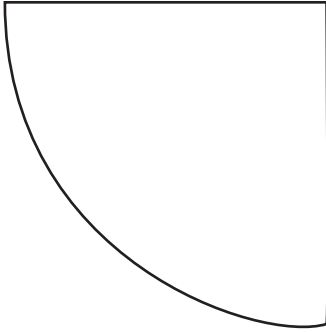
Print on Blue Cardstock-Dairy



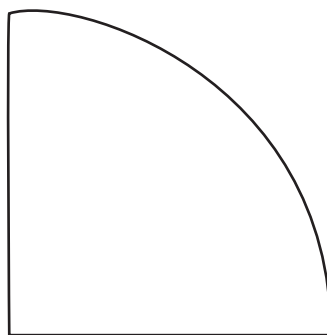
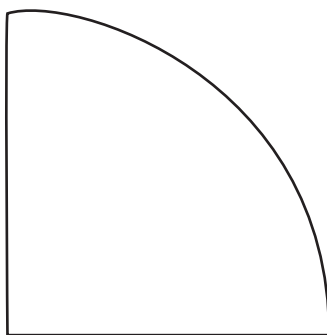
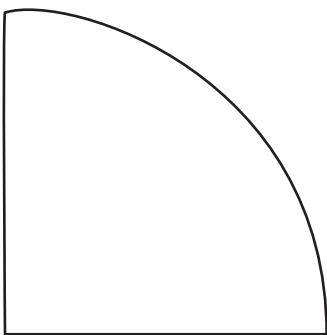
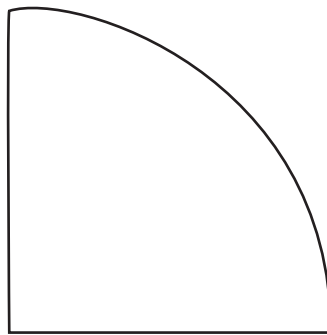
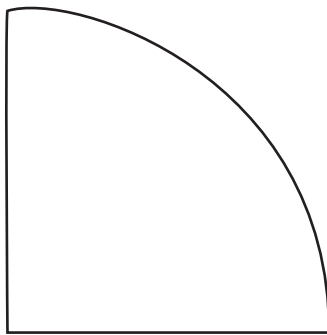
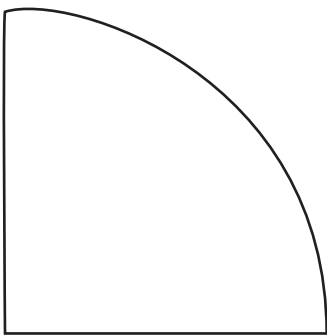
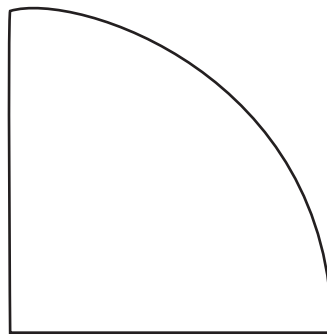
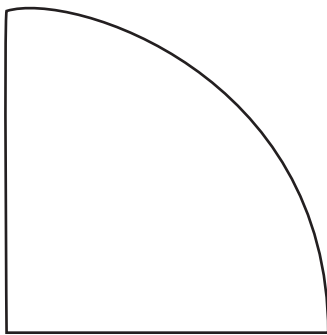
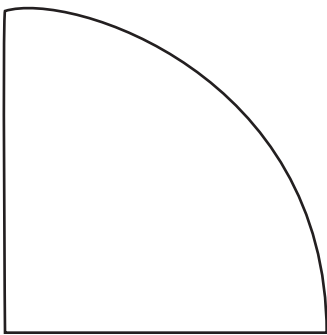
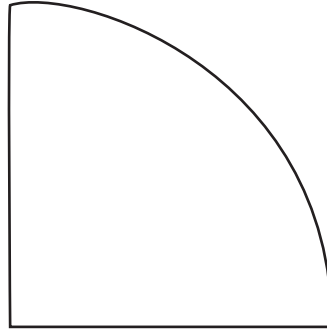
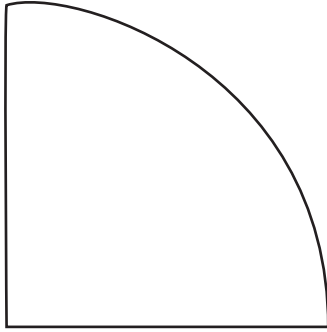
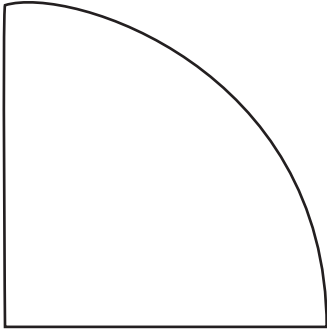
Print on Red Cardstock - fruits



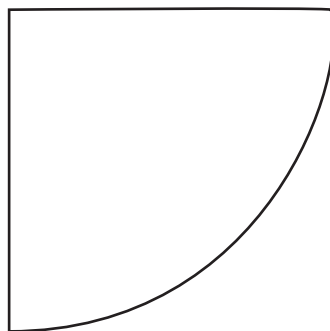
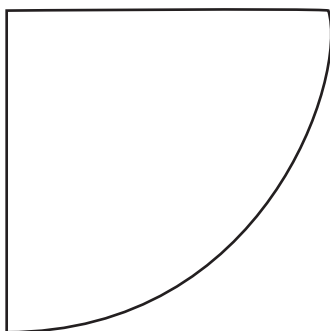
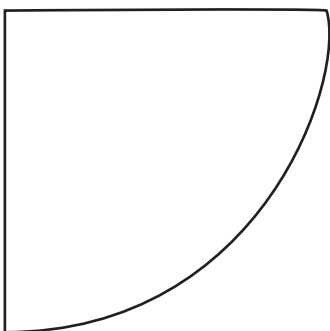
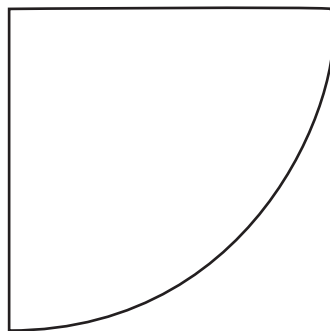
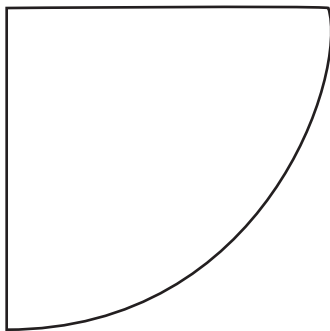
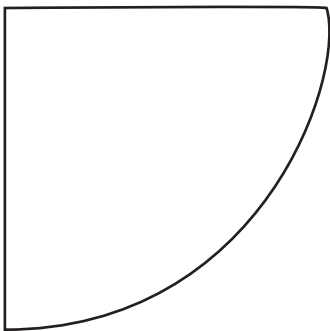
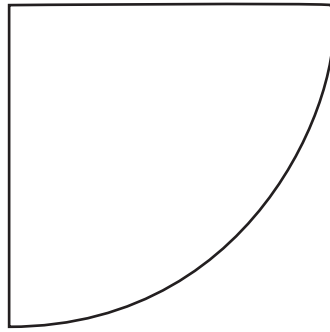
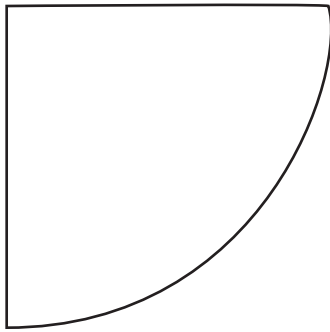
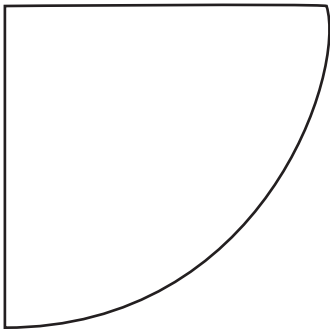
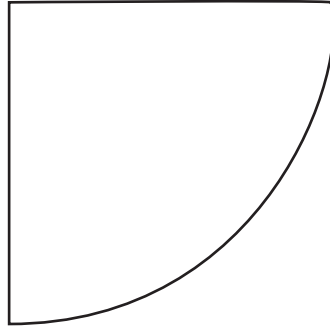
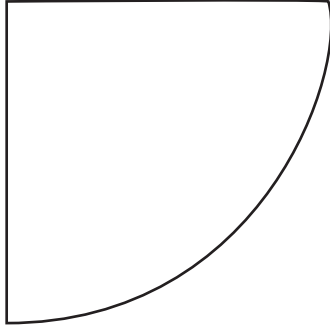
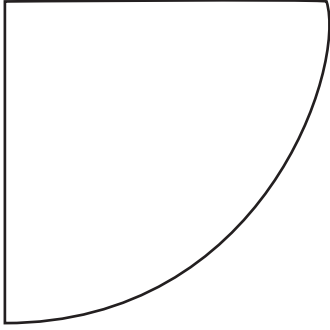
Print on green Cardstock - vegetables





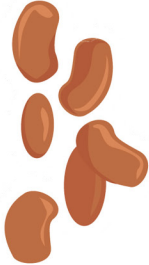
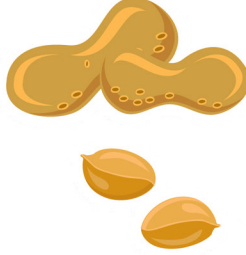
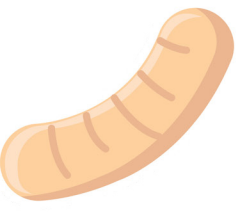
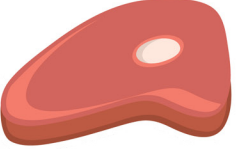
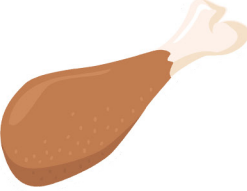
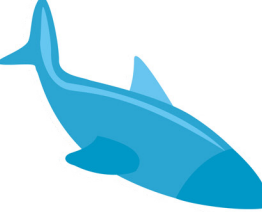


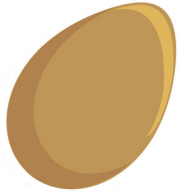

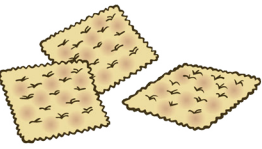
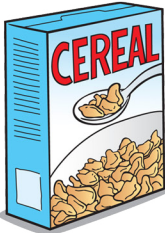


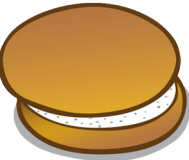
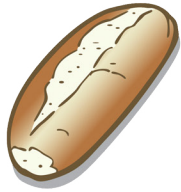
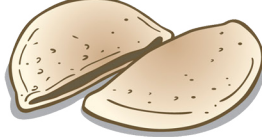
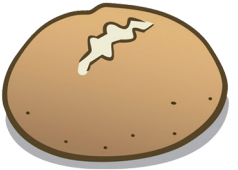
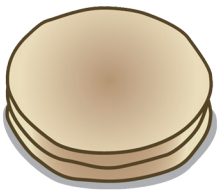



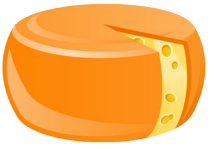





Print on orange Cardstock - grains



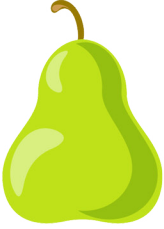
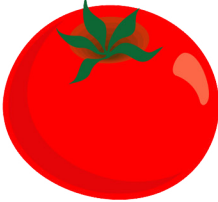


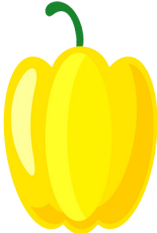
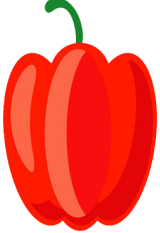

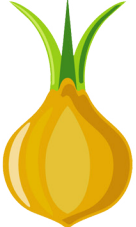

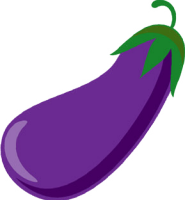

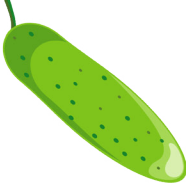

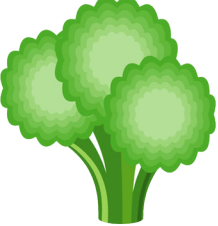

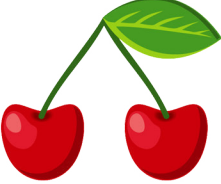





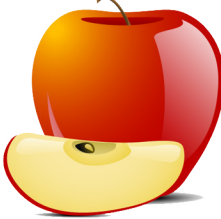
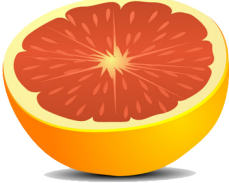
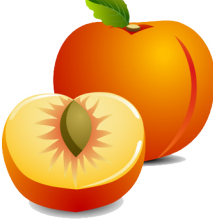
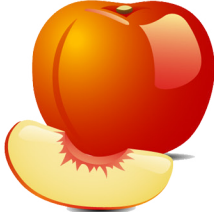



Print on Purple Cardstock - Protein







 Health Beet