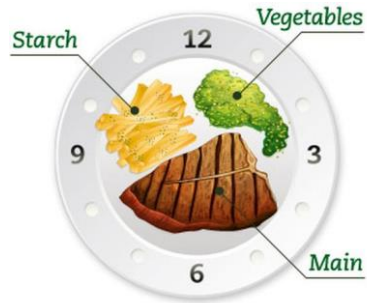


Food Presentation and Plating

Today, we learned about where to place food on the plate “clock”:



We have another way to set up food as well! MyPlate helps us know what our plates should look like at each meal. Can you place the following words in the right section of MyPlate?

FRUITS

DAIRY

VEGETABLES

GRAINS

PROTEIN

