**MYPLATE ASSIGNMENT**

**Directions:**

1. Take a blank paper plate and create a MyPlate replica.
2. Draw lines to divide the sections of food groups. Place the dairy group on the back of your plate.
3. Color each food group section with their correct color representation.
4. Select a picture of food from one provided by the teacher, internet, or magazine and glue to the appropriate food group.
5. Label each section with its correct food group name, daily recommendation (how many cups or ounces), and the tip.
6. Write your name and class period on the back of your completed project. Turn into the teacher for a grade.
7. This project is worth 30 points.

**Information needed for project**

Fruits

Color: Red

Daily Recommendation: 2 cups

Tip: Make half your plate fruits and vegetables.

Vegetables

Color: Green

Daily Recommendation: 2 ½ cups

Tip: Make half your plate fruits and vegetables.

Grains

Color: Orange

Daily Recommendation: 6 ounces

Tip: Make at least half your grains whole.

Proteins

Color: Purple

Daily Recommendation: 5 ½ ounces

Tip: Vary your protein choices.

Dairy

Color: Blue

Daily Recommendation: 3 cups

Tip: Switch to 1% or skim milk.