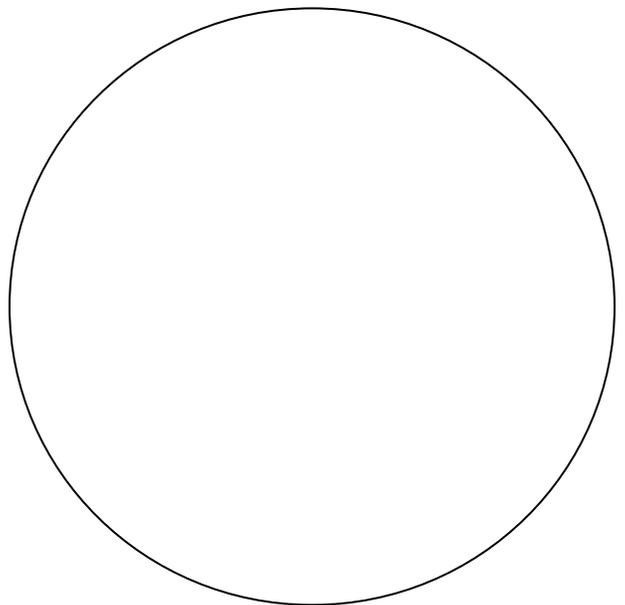
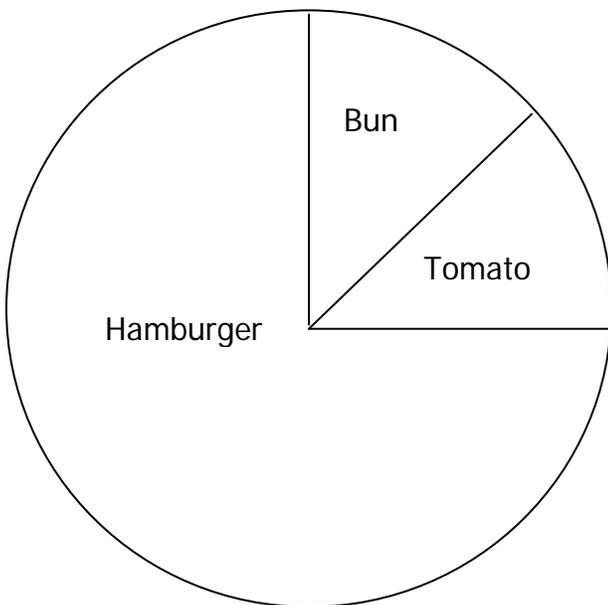


Name \_\_\_\_\_

## Changing your Plate

Answer the questions for the plate below.

1. What fraction of the plate is from the Grain Group?
2. What fraction of the plate is from the Fruit Group?
3. What fraction of the plate is from the Meat and Beans Group?
4. What fraction of the plate is from the Vegetable Group?
5. Draw a new plate so that  $\frac{1}{2}$  is fruits and vegetables,  $\frac{1}{4}$  is grains and  $\frac{1}{4}$  is meat or beans. Write the foods you would include on your plate to make a healthy meal.



6. Why is it important to have a variety of foods on your plate?