

HEALTH · GRADES 1–2

# The Healthy Plate

What goes on a balanced plate?

## Five food groups

1

### Fruits

Fresh, frozen, or dried — full of vitamins.

*Example: Apples, bananas, berries*

2

### Vegetables

Eat a rainbow! Different colors give different vitamins.

*Example: Carrots, spinach, broccoli*

3

### Grains

Energy foods. Whole grains are best.

*Example: Bread, rice, pasta, oats*

4

### Protein

Builds strong muscles.

*Example: Chicken, fish, beans, eggs, tofu*

5

### Dairy (or alternatives)

Strong bones and teeth.

*Example: Milk, yogurt, cheese, soy milk*

## Sort these foods

Fruits	Vegetables	Grains
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<b>Protein</b>	<b>Dairy</b>	

**Cut out and sort:** apple, rice, chicken, milk, broccoli, yogurt, banana, bread, fish, carrot, cheese, oats, egg, tomato, pasta, blueberries

