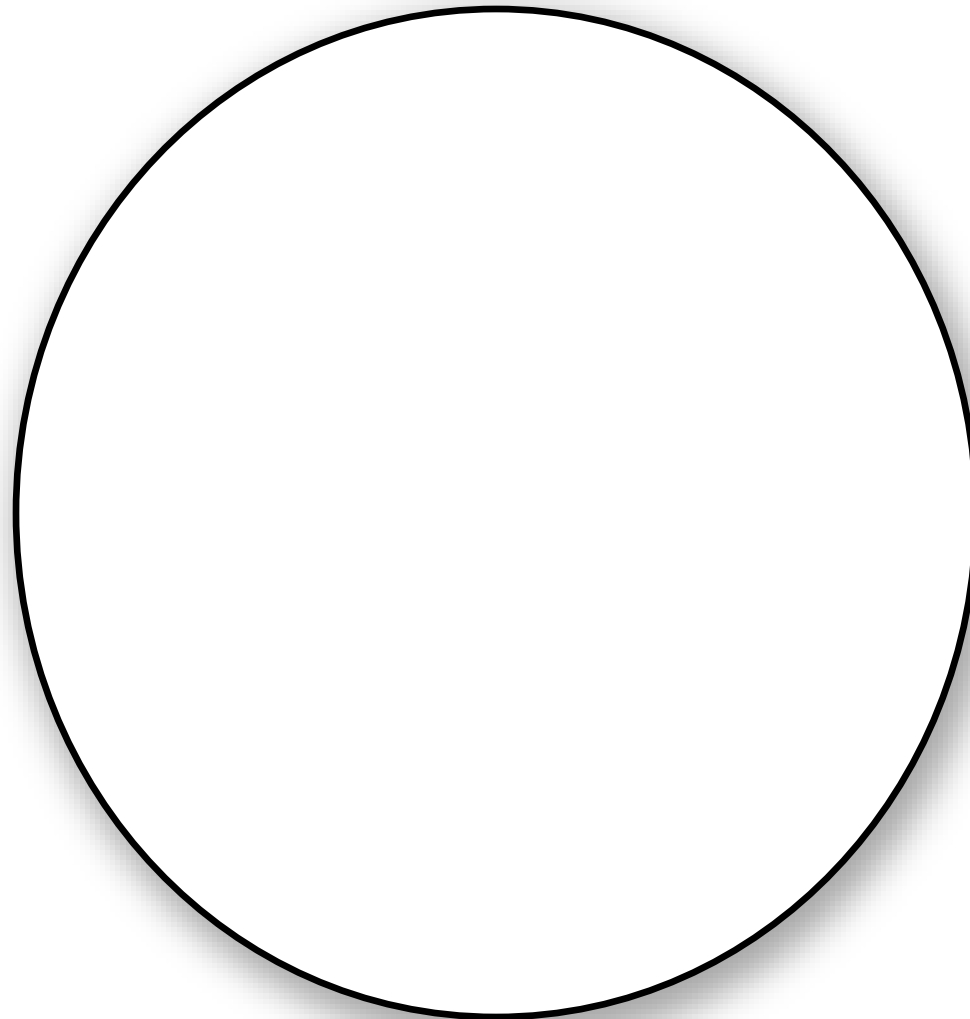




What does your plate look like?





Suggested instructions:
Draw your plate and write about your healthy food choices.

K - 5th grades:

Invite the children to draw their food on the plate.

K - 2nd grades:

Invite the children to write a sentence or two describing the healthy food options they drew.

3rd - 5th grades:

Invite the children to write one paragraph describing their healthy food options.