



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a star!

Name: \_\_\_\_\_

# What Does A Healthy Meal Look Like?

Healthy Habit of the Week:

Make half your plate fruits and vegetables at meal time

Key Points:

- A healthy meal contains all food groups: fruits, vegetables, dairy, grains, and proteins
- Remember, a **whole grain** is usually a darker color like brown rice or whole grain bread
- You can get protein from more than just meat! Try nuts, eggs, or beans too

## Build a Healthy Meal!

In each part of your plate, draw in the healthy food you would like to fill that section of your plate with.

There are some ideas along the sides, but what would you like to eat?

The graphic shows a central plate divided into four quadrants: Fruit (red), Grains (orange), Vegetables (green), and Proteins (purple). Each quadrant is empty for drawing. Surrounding the plate are various food items with labels: strawberries, grapes, apple, brown rice, whole grain bread, milk, yogurt, carrots, salad, broccoli, beans, and Grilled Chicken. A fork is on the left. The text 'Choose MyPlate.gov' is at the bottom.

