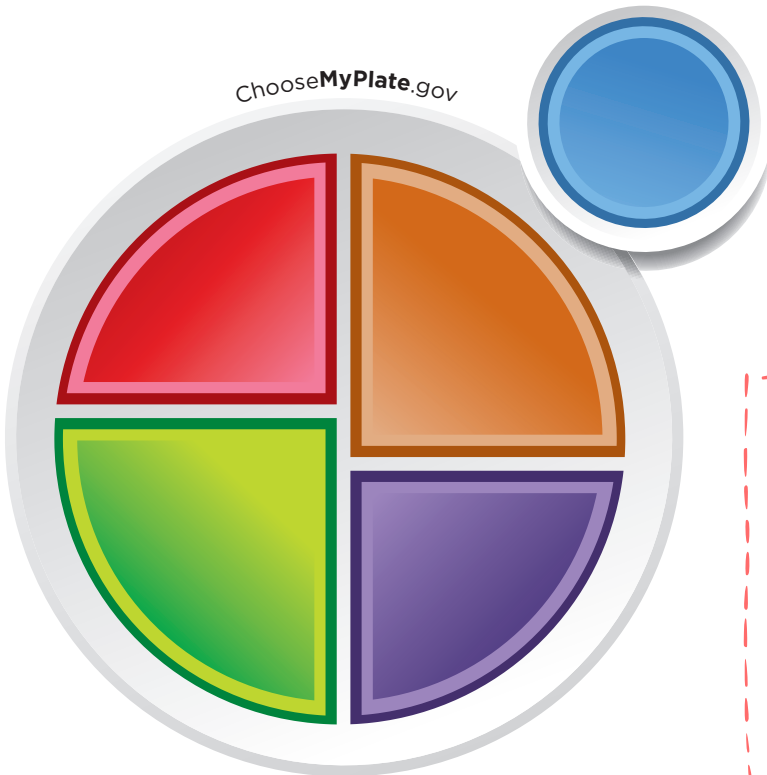


CREATE YOUR PLATE PLANNER

Ready to be a chef? Choose your favorite healthy foods to build a balanced plate for breakfast, lunch and dinner. Just cut out the picture cards, find the foods you love and place them on the worksheet to create a yummy meal.



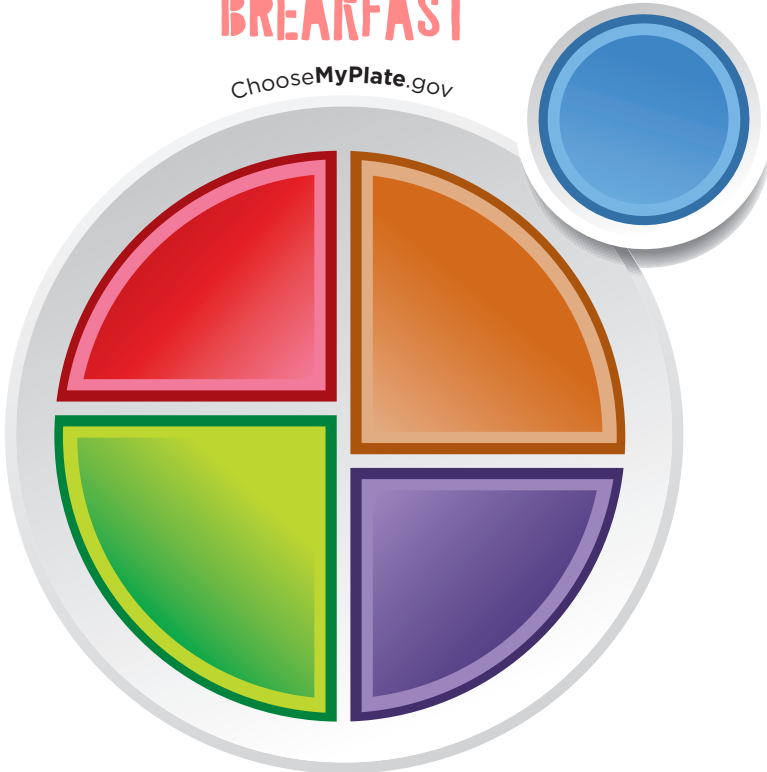
I'm Nyra the Owl, and I love eating healthy foods!



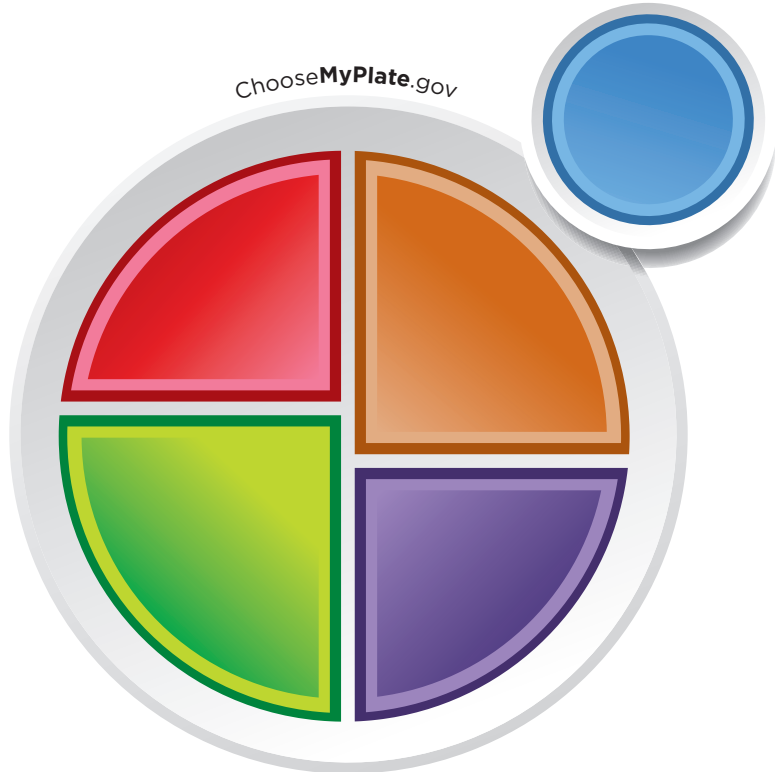
KEY

- FRUITS
- GRAINS
- VEGETABLES
- PROTEIN
- DAIRY

BREAKFAST



LUNCH



DINNER

PICTURE CARDS

Cut apart the picture cards. Have fun building your meals by matching a picture card with its food group to create your breakfast, lunch and dinner. You can also combine foods on the plate. Try pairing eggs, cheese and spinach for a breakfast omelet or use bread, nut butter and banana for a sandwich at lunch!

