Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_

MyPlate Meal

You will be creating **one** meal that includes something from every food group. You will then glue or draw those items on a paper plate to create your own MyPlate Meal. Write the details of your meal on the back.

**ON THE FRONT**

|  |  |  |
| --- | --- | --- |
| **Requirement** | **Points Possible** | **Points Earned** |
| Draw and color each section of the plate cup (May be just and outline). | 3 |  |
| **Label** each section of the plate/cup with the appropriate food group. | 3 |  |
| Glue/draw pictures of food items on the plate. Each section must have something in it. | 5 |  |
| Write portion sized/ amounts next to **each** food item (Ex: 3 oz chicken, 1 c milk, 1 piece of bread. etc.) | 4 |  |

**ON THE BACK**

|  |  |  |
| --- | --- | --- |
| **Requirement** | **Points Possible** | **Points Earned** |
| Identify which meal you’ve create (breakfast, lunch, dinner) | 1 |  |
| Explain what parts of the meal you’ve created (what is the main dish, sides, drink, etc.) | 2 |  |
| Explain in a minimum of 3 sentences how this meal fits with the Dietary Guidelines we’ve learned about. | 2 |  |

Total: \_\_\_\_\_\_\_/20

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_

MyPlate Meal

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**ON THE FRONT**

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**ON THE BACK**

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| --- | --- | --- |
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Total: \_\_\_\_\_\_\_/20