Name: Class Period:

**MYPLATE BROCHURE**

*Directions:* Create a brochure that teaches someone about MyPlate.

*Requirements:*

* Must include at least two tips for each of the 5 food groups
* Discuss physical activity as part of healthy eating patterns
* Include at least 2 other “tips” (from the 10 tips notes) for healthy living
* \*\*Must have color and pictures.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **4** | **3** | **2** | **1** |
| **5 Food Groups—2 tips for each** |  |  |  |  |
| **Physical Activity** |  |  |  |  |
| **Other “Tips” (at least 2)** |  |  |  |  |
| **Quality (color, pictures, attractive)** |  |  |  |  |

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