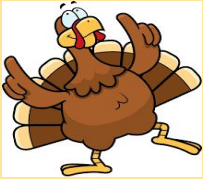





1	2	3	4	5	6	7
	<p>Now that we have covered the basics of MyPlate, I invite you to click here to learn which foods fall under each group.</p> <p>Also, check out this colorful MyPlate that will help you with the upcoming activities.</p>	<p>Eating breakfast helps you have the energy you need to play and learn.</p> <p>English</p> <p>Spanish</p>	<p>Practice putting a healthy and balanced breakfast together.</p> <p>Activity</p> <p>Apple Cinnamon Bars Recipe</p>	<p>Enjoy a healthy Fruit-a-licious Breakfast Cup!</p> <p>Recipe</p>	<p>Which foods are Protein? Practice here.</p> <p>Practice sorting Fruits & Vegetables.</p> <p>Breakfast Recipe</p>	

8	<p data-bbox="604 207 632 240">9</p> 	<p data-bbox="873 207 915 240">10</p> <p data-bbox="667 282 884 350">Sorting Grains & Dairy activity.</p> <p data-bbox="667 391 888 456">Sweet Potato Pie Recipe</p>	<p data-bbox="1171 207 1213 240">11</p> <p data-bbox="968 272 1213 509">Color the foods that you think should go on Kate's plate. Remember to follow MyPlate recommendations!</p>	<p data-bbox="1423 207 1465 240">12</p> <p data-bbox="1255 282 1455 488">Color the plate for each food group you see, and find out which one your are missing.</p> <p data-bbox="1255 526 1356 553">Activity</p> <p data-bbox="1255 591 1461 656">Cranberry Crisp Recipe</p>	<p data-bbox="1665 207 1707 240">13</p> <p data-bbox="1507 282 1713 488">Color the fruits, and practice handwriting by denoting which letter each fruit belongs with.</p> <p data-bbox="1507 526 1608 553">Activity</p> <p data-bbox="1507 591 1717 656">Celebrate World Kindness Day!</p>	14
15	<p data-bbox="590 764 632 797">16</p> <p data-bbox="405 808 625 976">Vote for Veggies. Which ones are vegetables, and what letters do they begin with?</p> <p data-bbox="405 1019 569 1117">Macaroni & Cheese with Broccoli</p>	<p data-bbox="873 764 915 797">17</p> <p data-bbox="684 808 863 943">Have fun creating your own MyPlate Placement.</p>	<p data-bbox="1171 764 1213 797">18</p> <p data-bbox="968 808 1192 1084">Trying out new foods is a great thing. Check out this Friendship Pocket recipe to try a simple meal that includes all food groups.</p>	<p data-bbox="1423 764 1465 797">19</p> <p data-bbox="1255 841 1465 938">Here are some creative ways to enjoy a wrap.</p> <p data-bbox="1255 976 1346 1003">Recipe</p>	<p data-bbox="1665 764 1707 797">20</p> <p data-bbox="1507 841 1707 1008">Here is another fun recipe that includes an array of nutrients.</p> <p data-bbox="1507 1045 1598 1073">Recipe</p> <p data-bbox="1507 1110 1675 1175">Slow Cooker Stuffing</p>	21

22	<p style="text-align: center;">23</p> 	<p style="text-align: center;">24</p> 	<p style="text-align: center;">25</p> 	<p style="text-align: center;">26</p> 	<p style="text-align: center;">27</p> 	28
29	<p style="text-align: center;">30</p> <p>Because MyPlate is so important, school meals ensure that your meals contain all food groups.</p> <p>English</p> <p>Spanish</p>					



