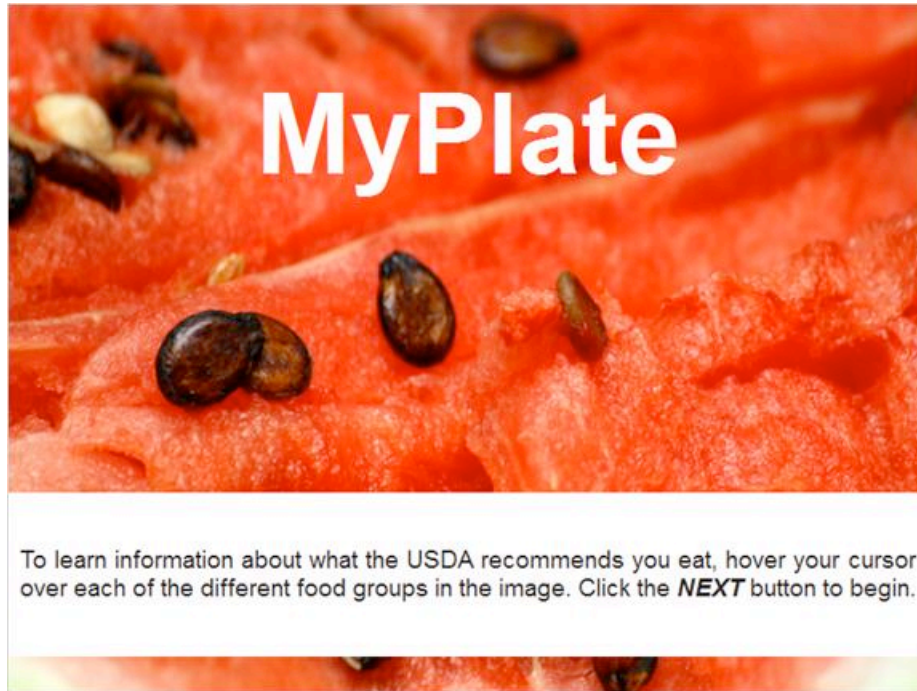


Module 1: Putting Together the Foundation for a Healthy Life

Topic 2 Warm-Up: MyPlate

Introduction

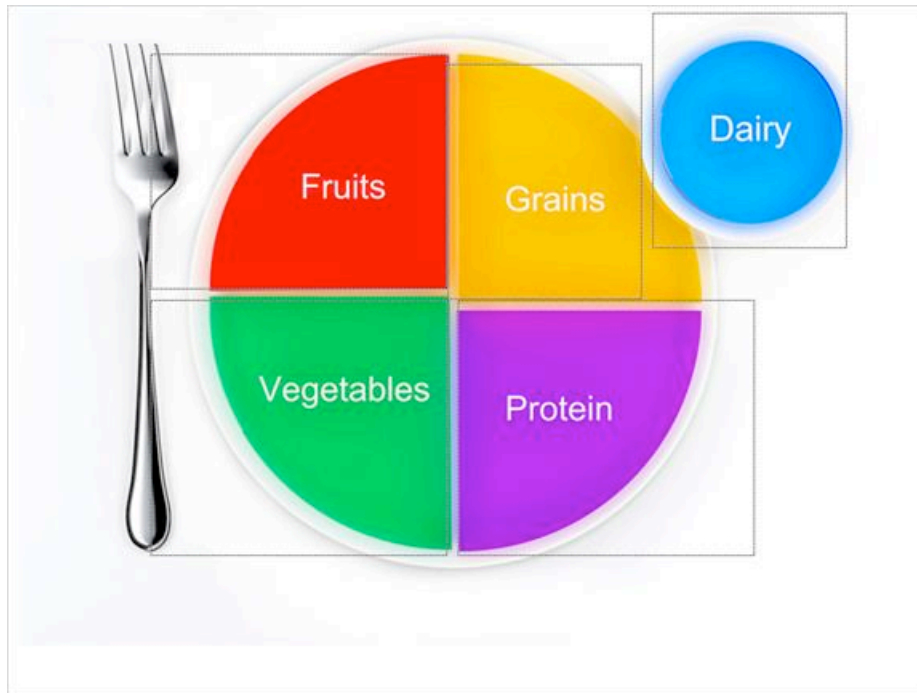


To learn information about what the USDA recommends you eat, hover your cursor over each of the different food groups in the image. Click the **NEXT** button to begin.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 2 Warm-Up: MyPlate

MyPlate



Fruits

If it's 100% fruit juice, it counts as a fruit! Eat fruit that is fresh, from a can, frozen, or dried.

Vegetables

If it's 100% vegetable juice, it counts as a vegetable! Eat vegetables that are raw or cooked.

Grains

If it's made from barley, cornmeal, oats, rice, wheat, or another cereal, you have found yourself a grain.

Protein

Meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds are all proteins.

Dairy

If it's fluid milk or made from milk, you know it's a dairy. Try to consume mostly fat-free or low-fat dairy products.