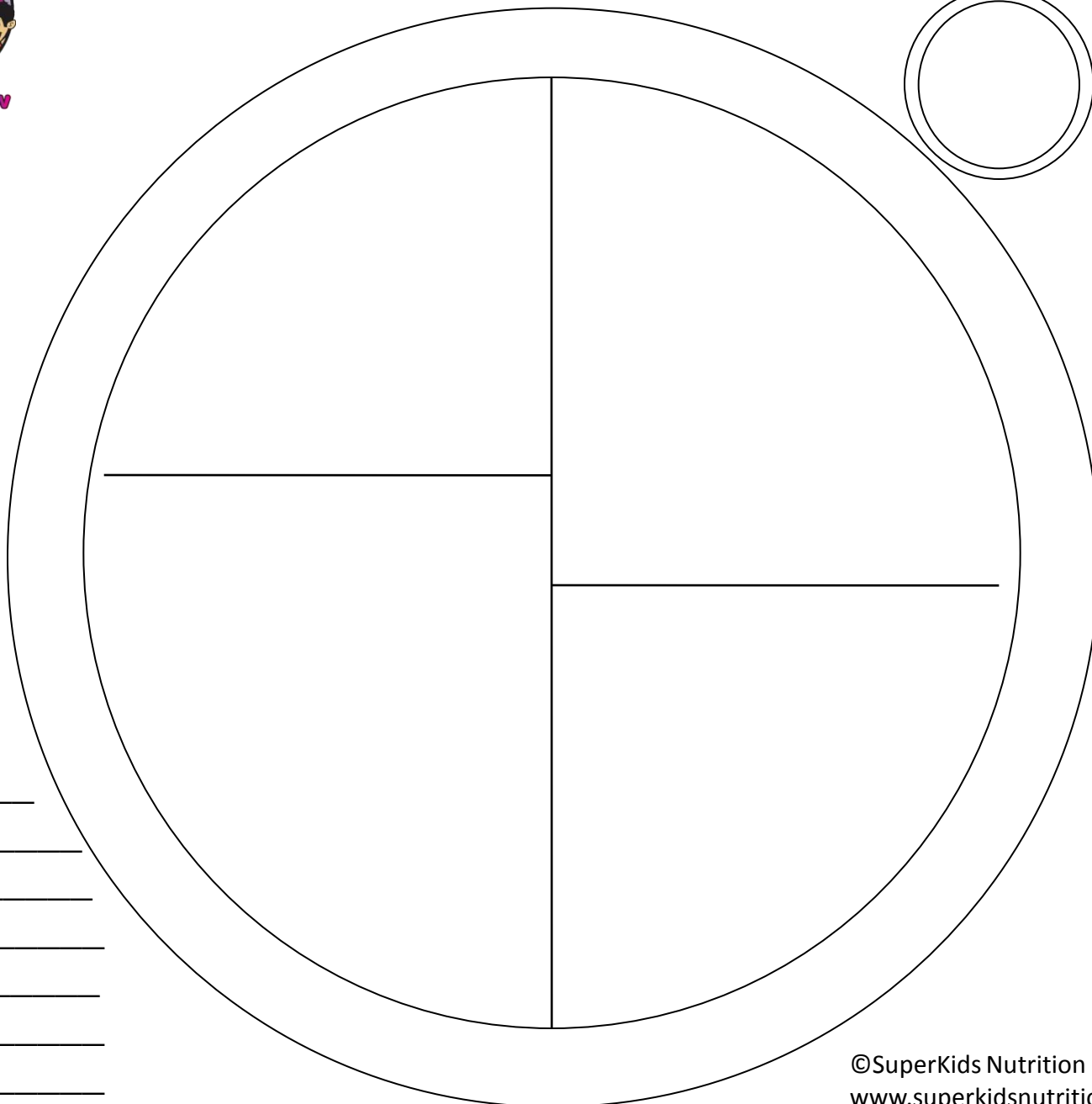


Activity

- 1) Write in the names of each section of MyPlate in the outer circle
- 2) Draw and color your favorite healthy foods in each section

Healthy Body Pledge

- I want to grow strong and healthy
- I want to feel my best inside and out
- I will make sure to eat more colorful fruits, veggies and whole grains each day.



Start - Stop - Keep for the healthiest you, just like the Super Crew®!

Start _____

Stop _____

Keep _____
