Part 1 Activity KEY
During the first part of the training, you learned about the MyPlate Diagram. Label each section and list/draw some foods that you may find in that section. You could also add some color! (Foods may vary)

Dairy
- Milk
- Yogurt
- Cheese

Fruits
- Apples
- Oranges
- Bananas

Grains
- Pasta
- Bread
- Cereal

Protein
- Meat
- Nuts
- Eggs

Vegetables
- Corn
- Carrots
- Broccoli