



Name: _____ Date: _____

Write a letter to a family member explaining why it is important to eat foods from each food group. Offer ideas for a healthier meal. List the foods in your favorite meal, and draw a picture of them in the blank *MyPlate* below.

Dear _____

Try my favorite meal!

Fruits _____

Vegetables _____

Grains _____

Protein _____

Dairy _____

