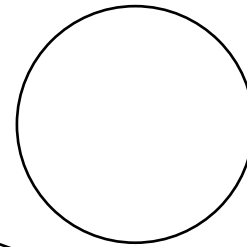# Creating a Healthy Plate

On the plate, write the names of:
2 vegetables
1 grain
1 meat or meat alternative

milk or
soy
beverage

fruit

grain

meat or alternative

vegetables