This material was adapted by Child Nutrition & Wellness, Kansas State Department of Education from the following sources:

• Fruitsandveggiesmorematters.org. Produce for Better Health Foundation.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
    Office of the Assistant Secretary for Civil Rights
    1400 Independence Avenue, SW
    Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, 900 SW Jackson Street, Suite 251, Topeka, KS 66612. (785)296-3201.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.
MyPlate Coloring & Activity Booklet
Make Half Your Plate Fruits & Vegetables
Find your way through this maze from “start” to “finish.” Write the letters you meet on the way to learn what your body gets from eating colorful fruits and vegetables.

Eating fruits and vegetables gives your body important ___ ___ ___ ___ ___ ___ ___ and minerals!
Look for and circle these five lean protein choices in the word search:

- fish
- beans
- chicken
- roast beef
- hummus
Switch to Skim or low-fat (½–1%) Milk

National Institutes of Health/Department of Health and Human Services
http://www.nichd.nih.gov/milk/kidsteens.cfm
Make at Least Half Your Grains Whole

The words at the bottom of the page are hidden in the slice of bread. Can you find them? They may be written backwards, diagonally, horizontally or up and down.

- bran
- bread
- carbohydrate
- cereal
- endosperm
- energy
- fiber
- food guide
- pyramid
- germ
- grain
- iron
- nutrients
- pasta
- protein
- riboflavin
- wheat
- kernel
Draw Pictures of Foods & Design Your Plate Using ChooseMyPlate as Your Guide

ChooseMyPlate.gov

USDA Center for Nutrition Policy and Promotion
Did You Know That Fruits & Vegetables Grow In Different Places?

We grow on Trees
We grow underground
We grow on a Bush
We grow on a Vine
Unscramble these word puzzles and find the names of some common items you might find in the kitchen.

Answer Key:
- Apron
- Chef Hat
- Knife
- Pan
- Toaster
- Spoon
- Plate
- Blender

Kitchen Word Scramble