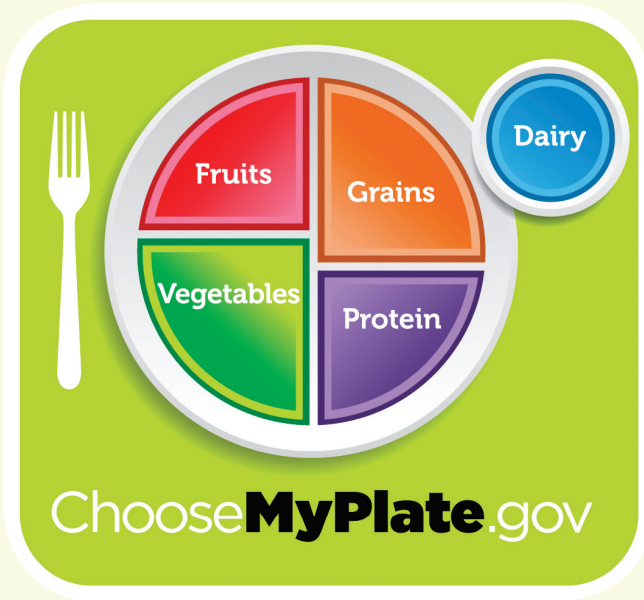




Summer Food Service Program



# MyPlate Coloring & Activity Booklet



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

- Fruitsandveggiesmorematters.org. Produce for Better Health Foundation.
- Kansas Team Nutrition. Power Panther Pals Primary Activity Booklet. Kansasteamnutrition.org.
- Milk Matters. National Institute of Child Health and Development. Health games and activities. Retrieved September 26, 2011 <http://www.nichd.nih.gov/milk/kids/>
- Montana Wheat and Barley Committee. Teachers and Students. Retrieved September 26, 2011. <http://wbc.agr.mt.gov>.
- Nourish Interactive. Retrieved September 26, 2011 from <http://www.nourishinteractive.com>
- United States Department of Agriculture. Retrieved September 26, 2011. [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

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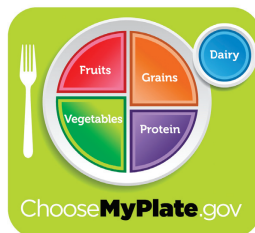
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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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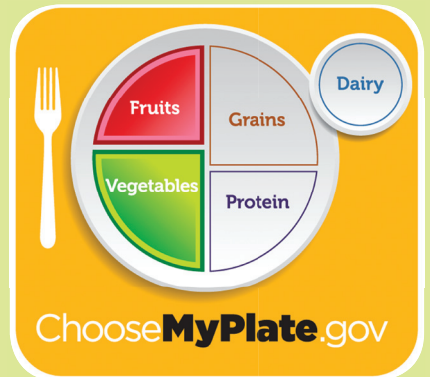
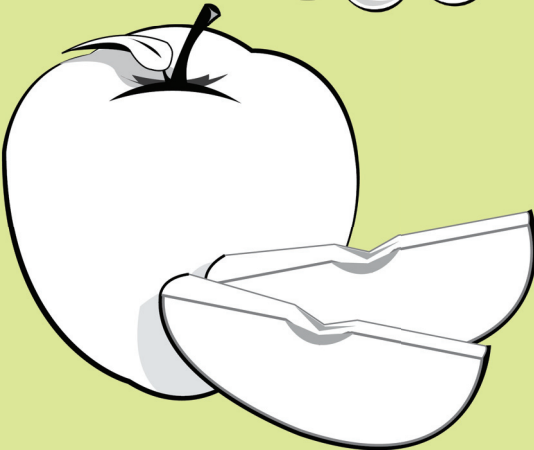
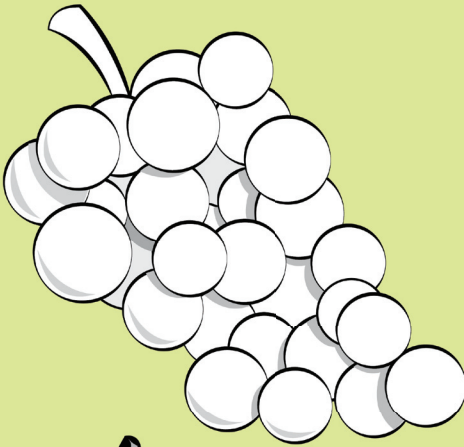
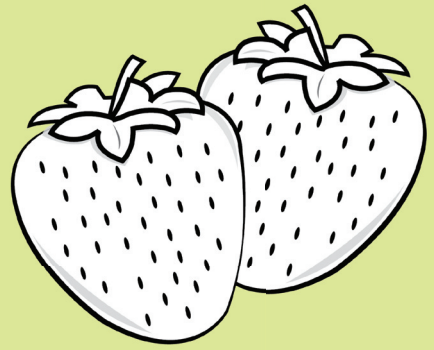
This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



# MyPlate Coloring & Activity Booklet

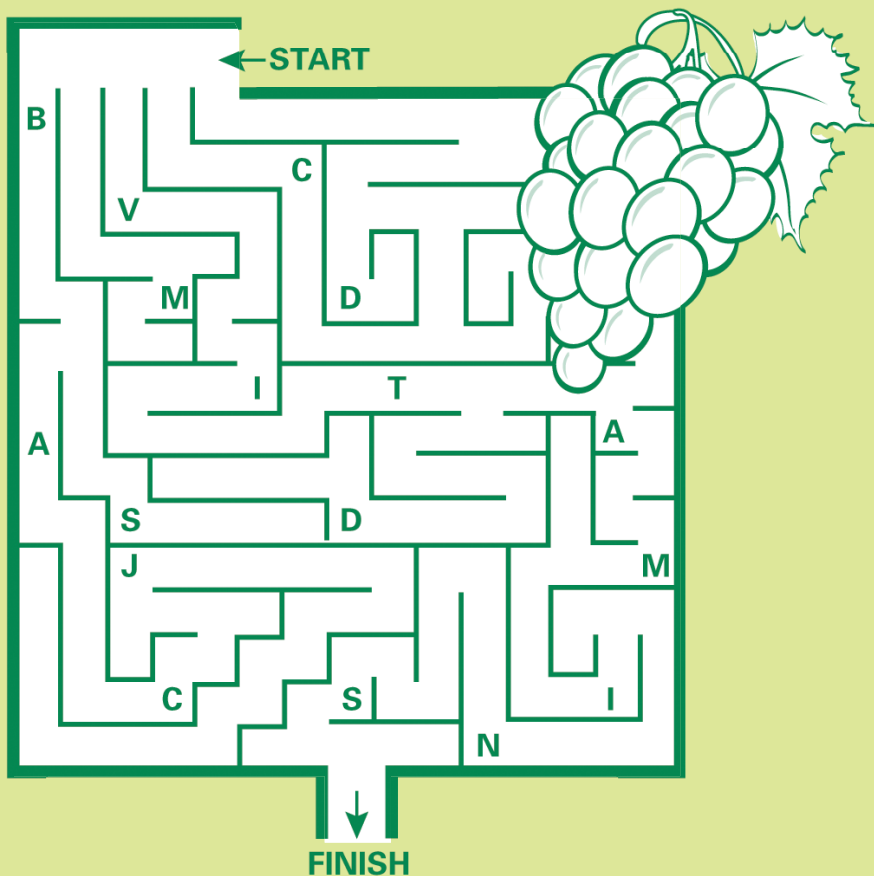


# Make Half Your Plate Fruits & Vegetables



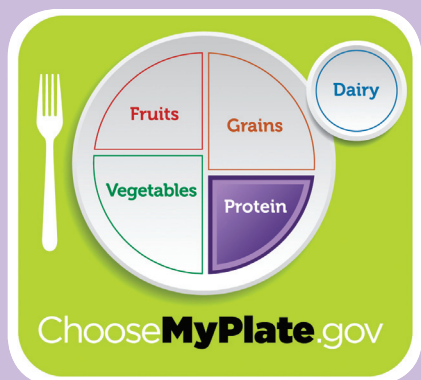
# A-MAZE-ING Fruits & Vegetables

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!

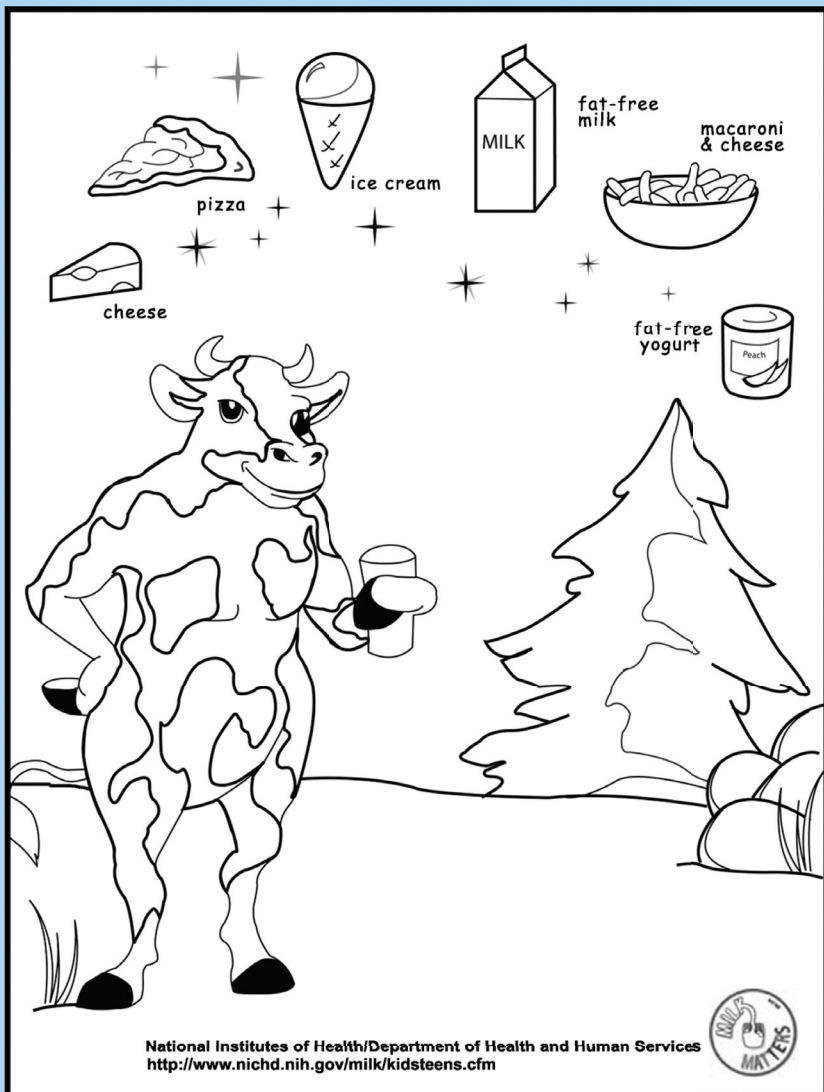
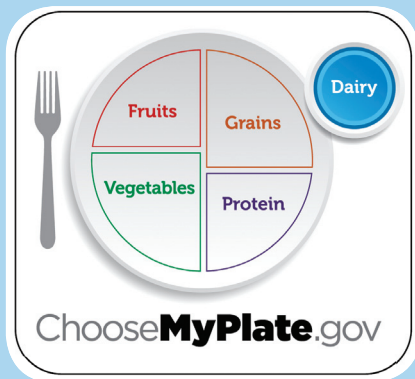
# Vary Your Protein Choices



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 ( $\frac{1}{2}$ -1%) Milk



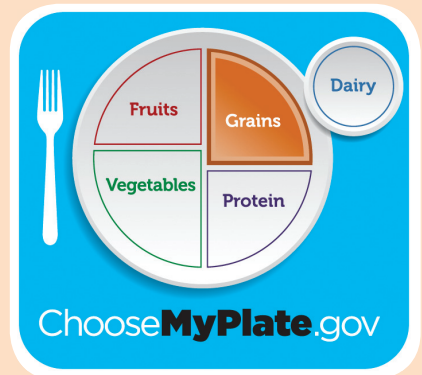
# Make at Least Half Your Grains Whole

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




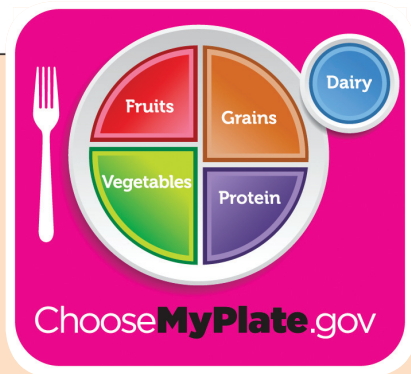


# Draw Pictures of Foods & Design Your Plate Using ChooseMyPlate as Your Guide



Choose**MyPlate**.gov

 **USDA** Center for Nutrition  
Policy and Promotion



# Did You Know That Fruits & Vegetables Grow In Different Places?



# Kitchen Word Scramble

Unscramble these word puzzles and find the names of some common items you might find in the kitchen.



**PNOAR**

---



**EHFC AHT**

---



**FNIKE**

---



**NPA**

---



**TROSTAE**

---



**NSOPO**

---



**LETAP**

---



**ELBDREN**

---

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

