

Name: _____

My Plate

Y V Y V V O M N A Q A J F K Y S L G U U M A F B
O Y V N L R G U Y R I A D Y R A M E P A S T A J
W X R O K A T U S L X B P E A N U T B U T T E R
G K L I M N O Z K K Z V J B G E Y E A F C W L Y
F C H G Z G W F O B Z I H Y R R E B W A R T S C
Y C M L Q E M N U T S E T A W L F A T W W J U Q
M T I T D E I G G E V E I G G E R Q X P C M R I
W R R D N J Q P E P P E R K T Q V A O R V O Q Y
C E L B B F L L A Y K O A N U S O X X G M U G R
T K D L V N J P K K A T J R V Z M G L Q L O P R
H C T P O B U L M Q E K Y E R T U R K E Y A H J
N A F A C M Z Y X L G X P I H B P X Y S P W R L
I R Q W P R P Z P R J A R E L P P A W J A X F Z
E C D K X L T Z H W R N T R U G O Y Y O I E A Y
T A I X A Z A T I G A Y V W H V B D H G N T R Q
O N X T L S O X E L J T R W U D H P K Q E Z R O
R S E S B R B T P A O E E H P H Y T V O K N A V
P S P H R R I Y N R T C E R B A N A N A C L H H
N E U A E V N E O A L Z C C E P E A S Y I V F L
A G C A N I G Y N V A N G O U M H G S P H V R K
E G D J O R E I S D E M H J R T E A X F C Z U Q
D S C A A Z R D N U R C O R N B T L M I C C I U
U D M I B E A N S R E S E E H C M E O D Y Q T A
J W N B E W C M A Q C I Y Y T S I H L N A Q I F

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|---------------|--------------|------------|--------------|---------------|
| LETTUCE | YOGURT | WATERMELON | TURKEY | STRAWBERRY |
| REGGIE VEGGIE | PUMPKIN | PEPPER | PEAS | PEANUT BUTTER |
| PASTA | ORANGE | NUTS | NATE | MY PLATE |
| MILK | MARY DAIRY | KATE | JANE GRAIN | HAM |
| GRAPE | FARRAH FRUIT | EGGS | DEAN PROTEIN | CRACKER |
| CORN | CHICKEN | CHEESE | CEREAL | CARROT |
| BROCCOLI | BREAD | BEANS | BANANA | APPLE |