

Activity / Experiment: Intro to Food Groups

Learn about the food groups and food portions using your plate.

Materials Needed:

- Printer (optional)
- Markers or Crayons
- Paper
- Scissors
- Glue

Instructions:

1. Print and cut out the images below.
2. Label each section of plate as either: **fruits, vegetables, protein, grains, or dairy.**
3. Paste the picture of the food onto the section of the plate where you think it belongs.
4. Decide what goes into the cup.
** You can also draw your own plate and foods. Remember to label each section! **
5. When you're done with the activity, check your work in this [answer sheet](#).

Randall's Island Park Alliance



Fruits

Grains

Dairy

Vegetables

Protein

ChooseMyPlate.gov

Guiding Questions:

List some common sources of protein:

There are many ways to eat fruits and vegetables. What are some of the ways in which you like to eat fruits? Vegetables?

How are fruits different from vegetables?

List some common grains and grain products:

Where does dairy come from? List some common dairy products:
