

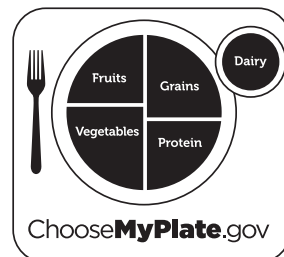
Build a Balanced MyPlate!

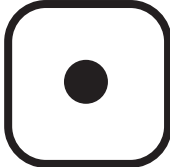



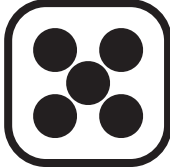
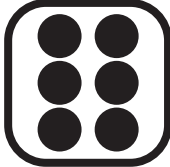
Instructions:

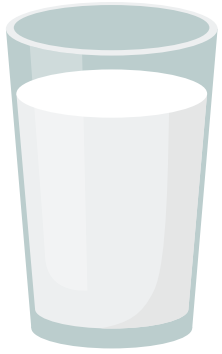
1. Roll the die to build your balanced MyPlate!
2. For each roll, collect an item from the corresponding food category and place it in its section on your MyPlate.
3. If you roll for an item that is already on your MyPlate, you can trade it out for a different food of the same category.
4. The first player to fill all the spots on their MyPlate wins!

Extra: As a group, discuss each person's plate and how it makes a balanced meal.

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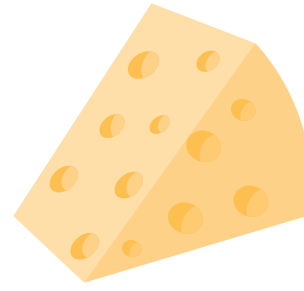
	Fruits
	Veggies
	Grains
	Dairy
	Protein
	Roll Again



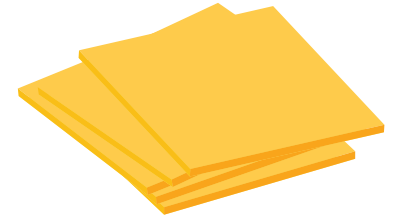
Milk



Chocolate Milk



Swiss Cheese



American Cheese



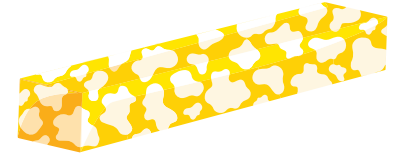
Plain Yogurt



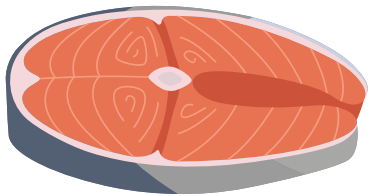
Strawberry Yogurt



Cottage Cheese



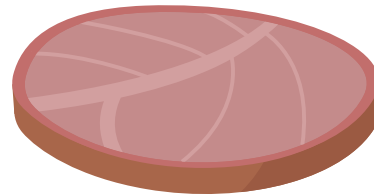
Colby Cheese Stick



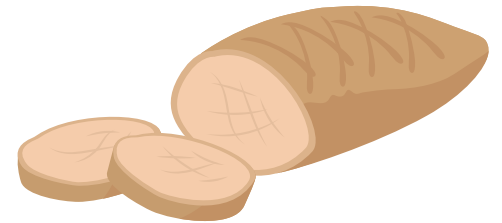
Salmon



Bacon



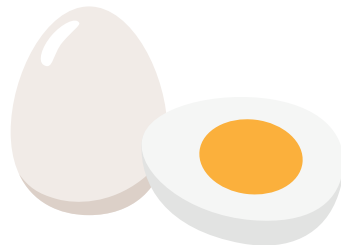
Steak



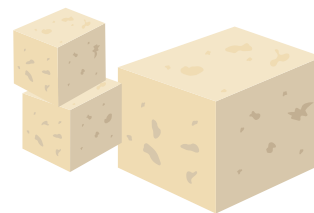
Chicken Breast



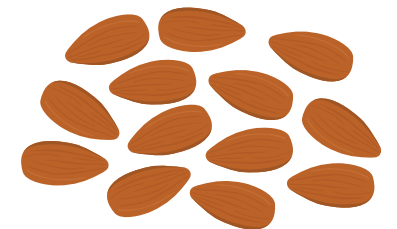
Kidney Beans



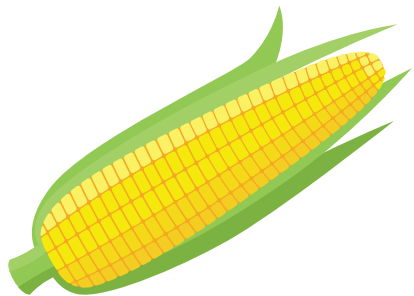
Eggs



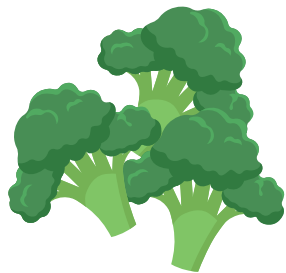
Tofu



Almonds



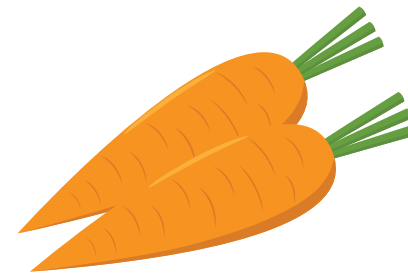
Corn



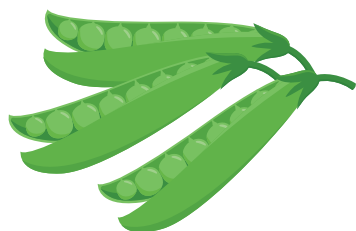
Broccoli



Bell Pepper



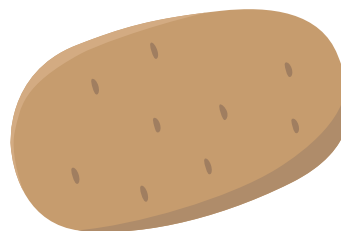
Carrots



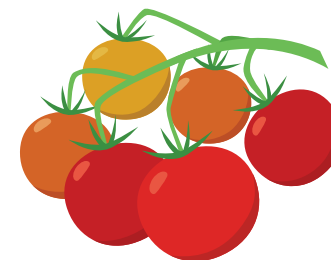
Peas



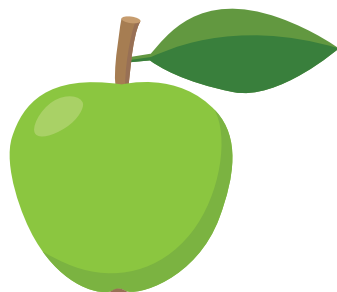
Spinach



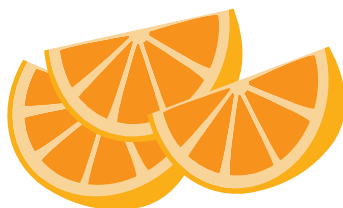
Potato



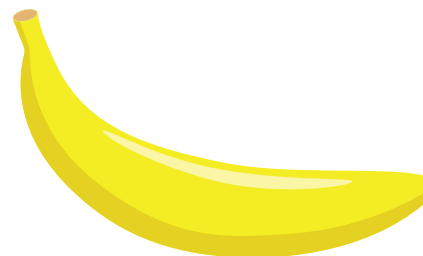
Cherry Tomatoes



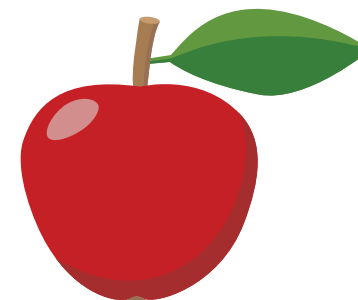
Green Apple



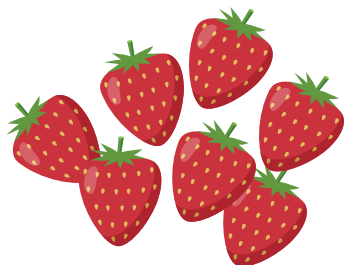
Oranges



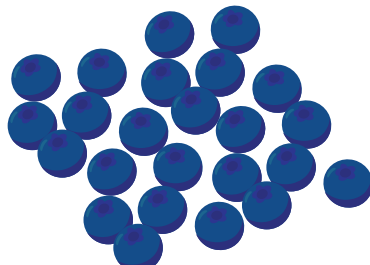
Banana



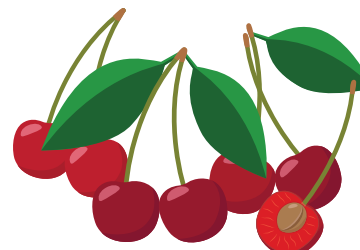
Red Apple



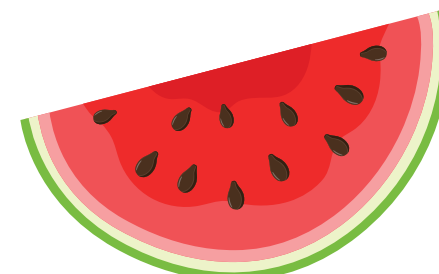
Strawberries



Blueberries



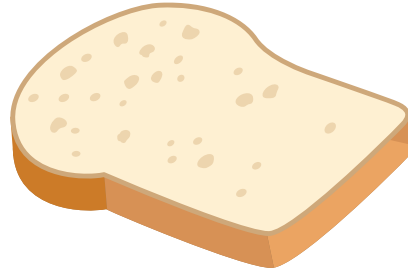
Cherries



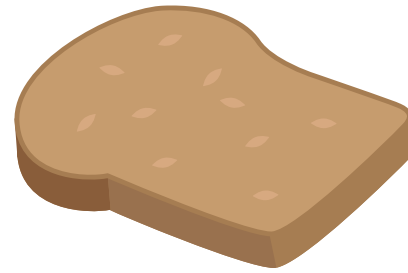
Watermelon



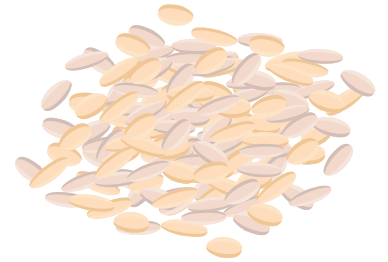
Spaghetti



White bread



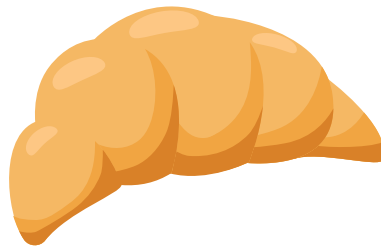
Whole wheat bread



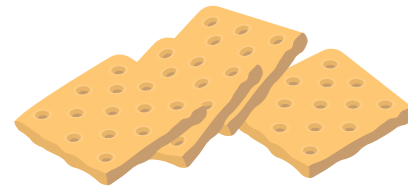
Rice



Oatmeal



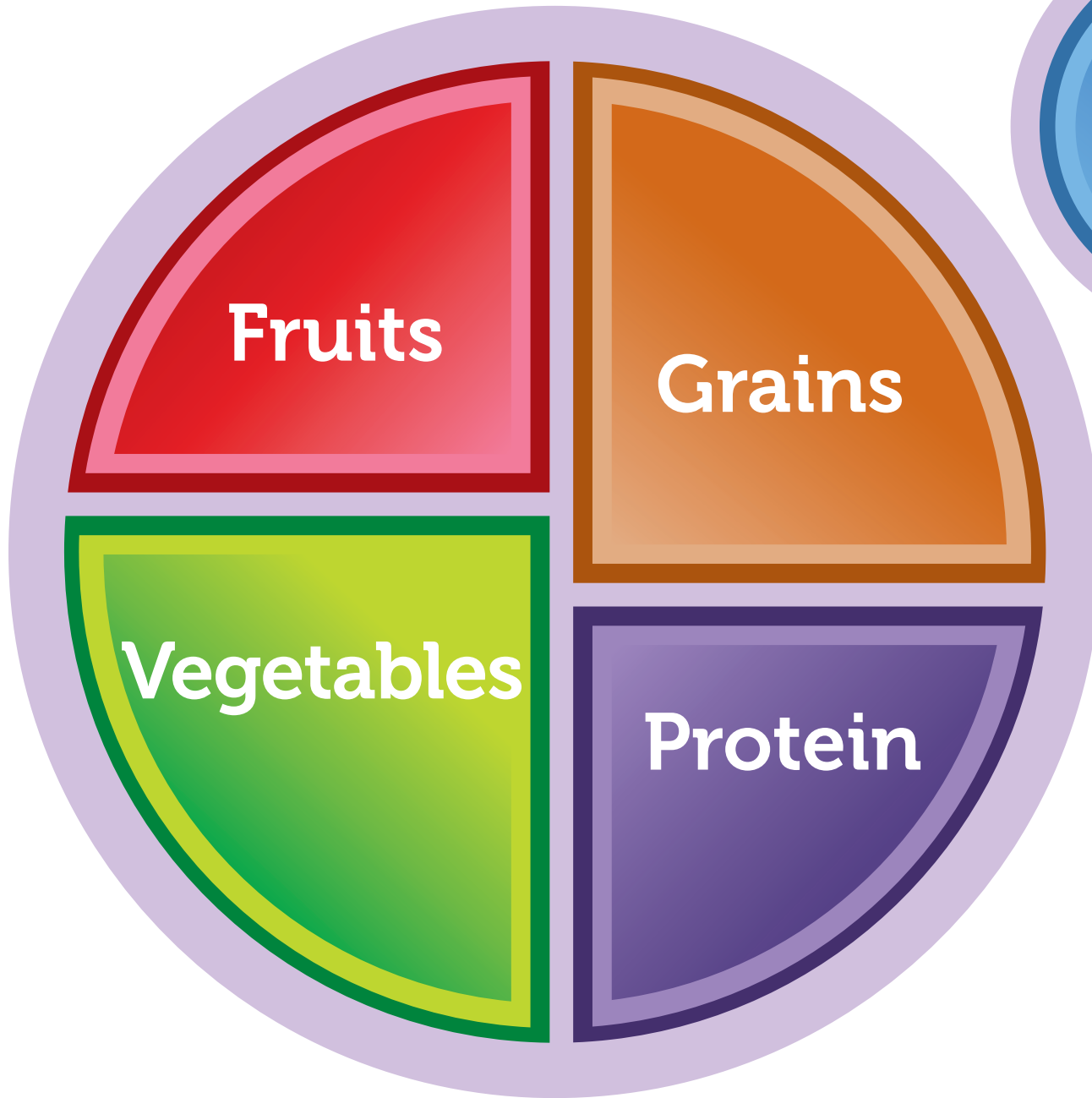
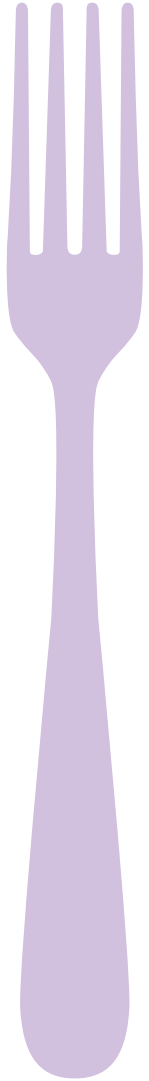
Croissant



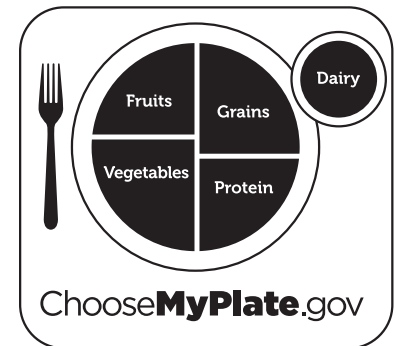
Crackers

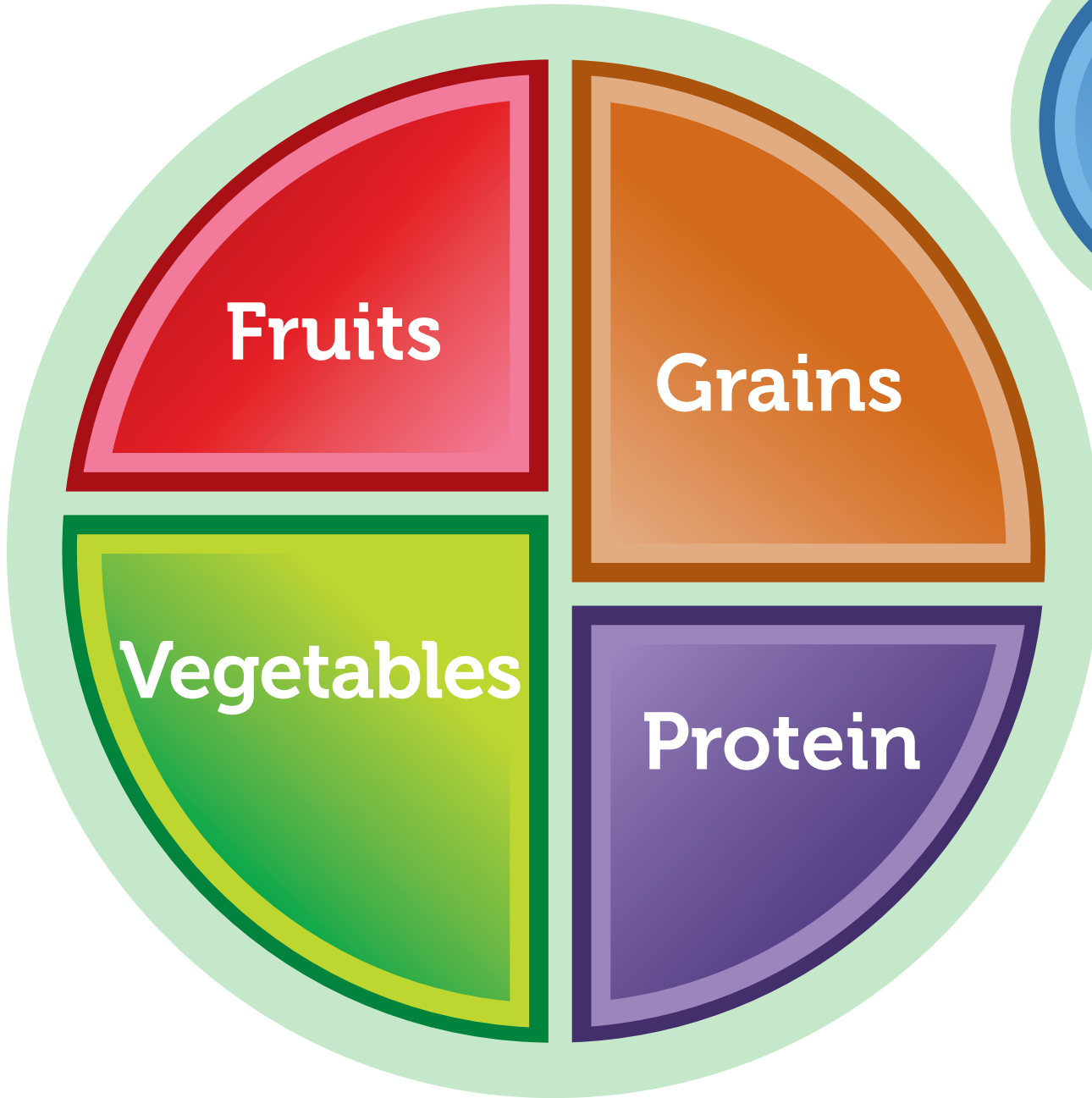
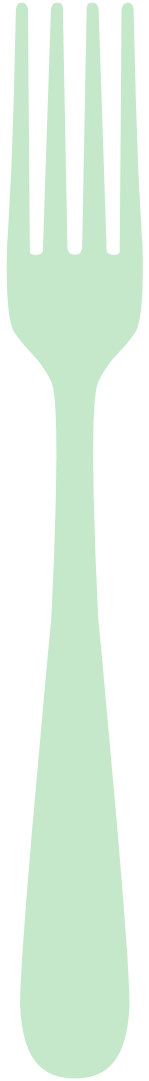


Whole wheat pasta

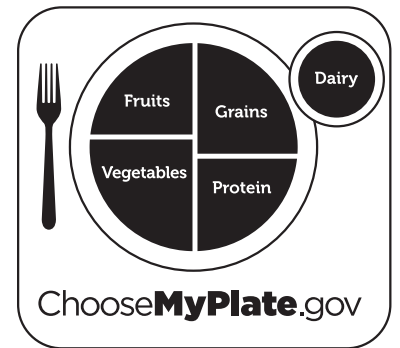


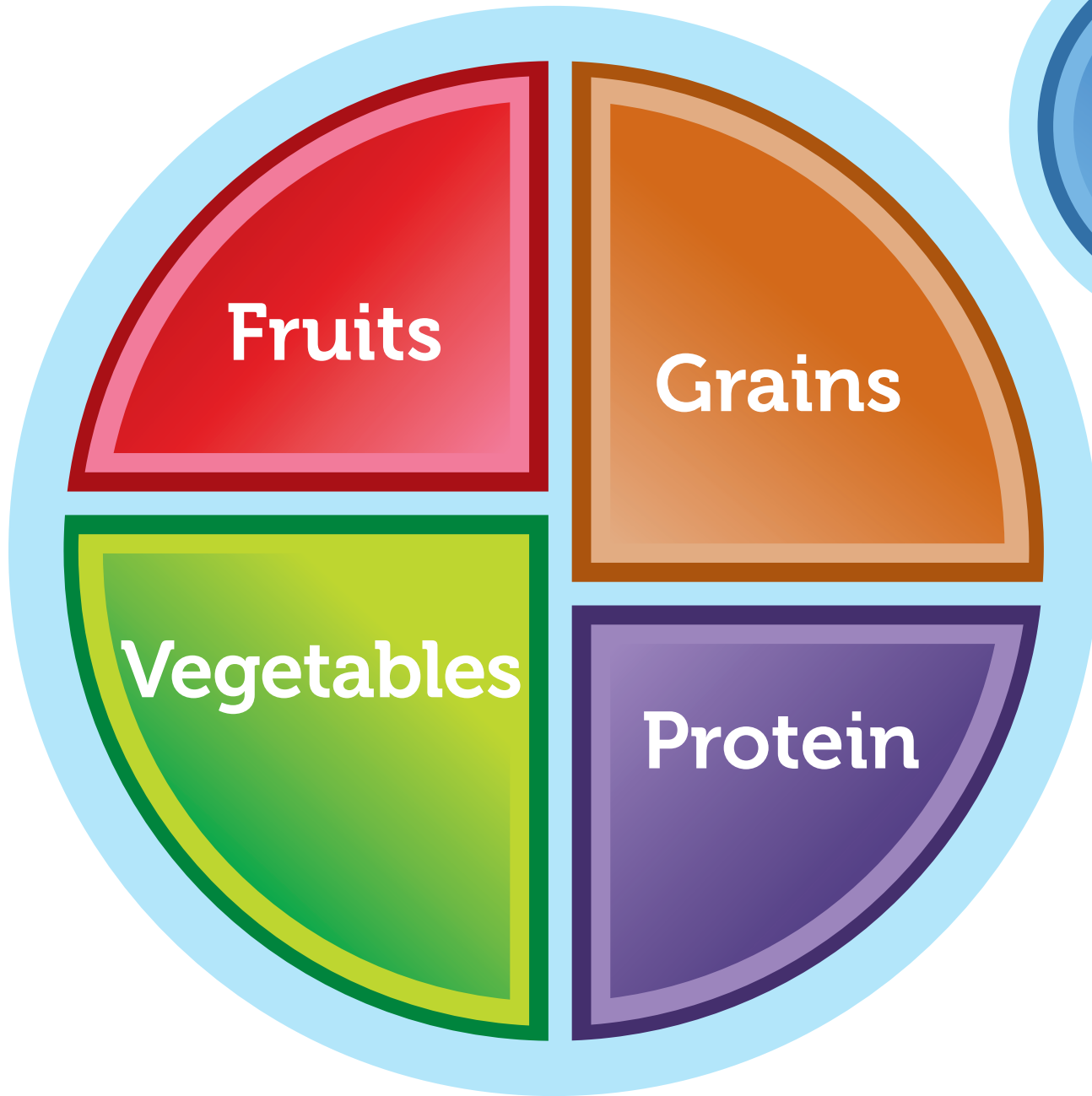
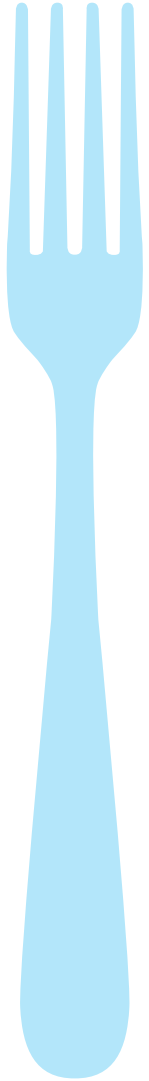
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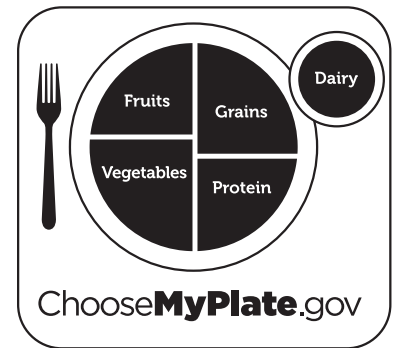


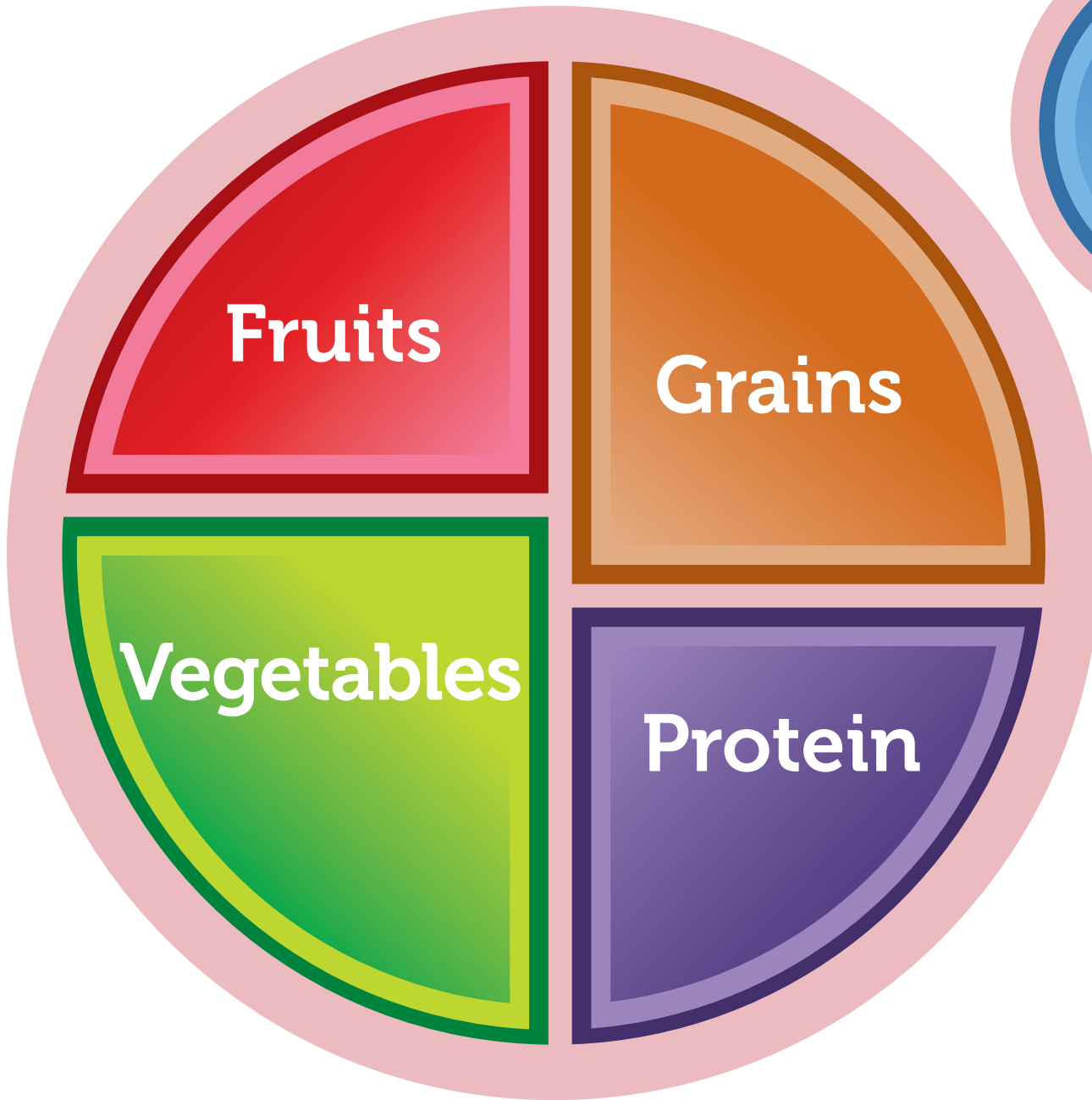
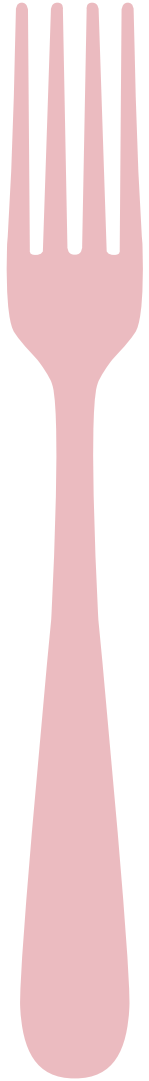
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