

My Nutrition Name: _____

LESSON 6: MODERATION, BALANCED PLATE, & NUTRITION LABELS

Fill in the blanks using the word bank:

1. We eat foods from every food group to make a _____ plate.
2. Fruits and veggies should take up _____ of your plate.
3. _____ helps us poop, feel full, and clean our insides.

Word bank:

Half

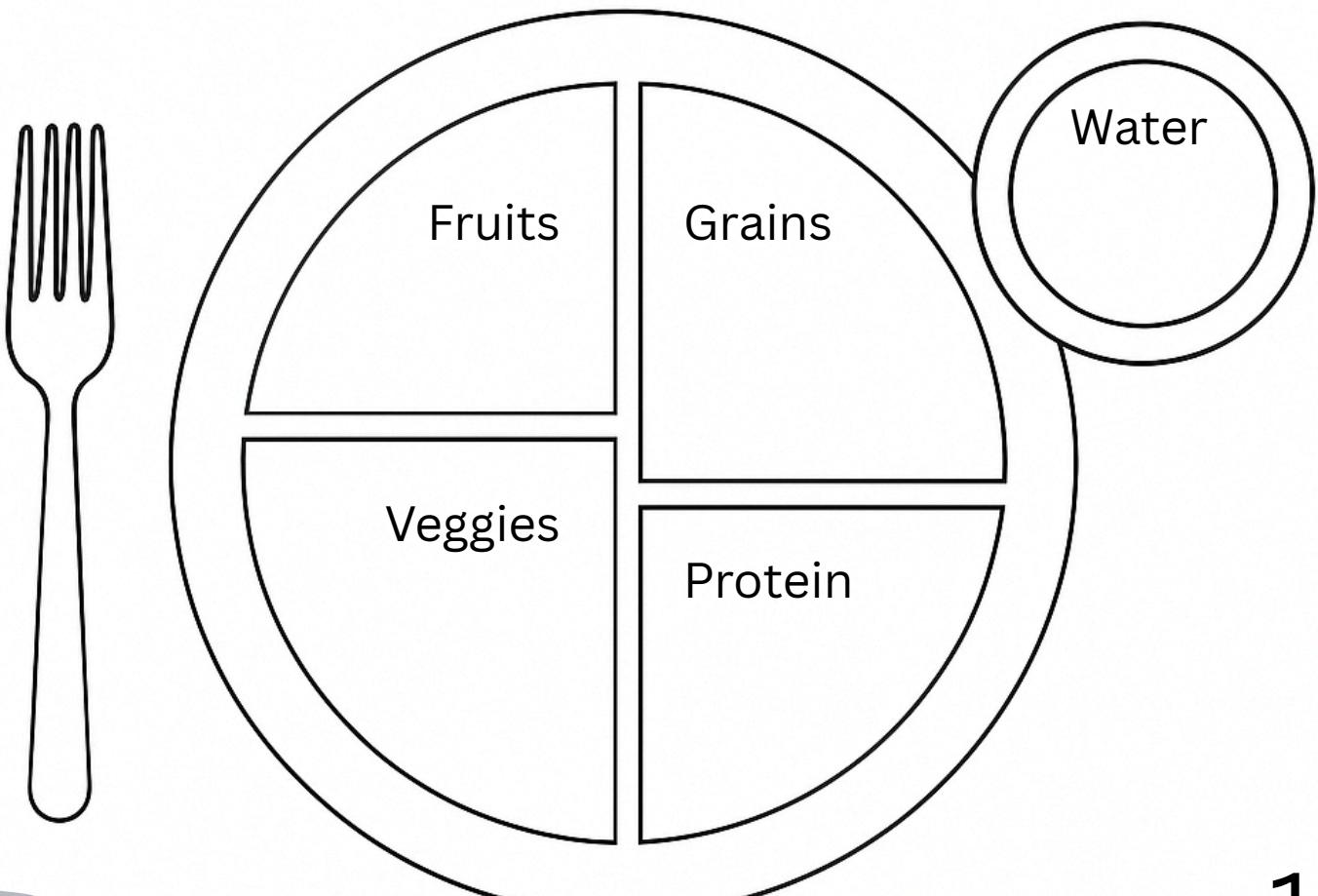
Fiber

Balanced

Color each section of the plate the right color!

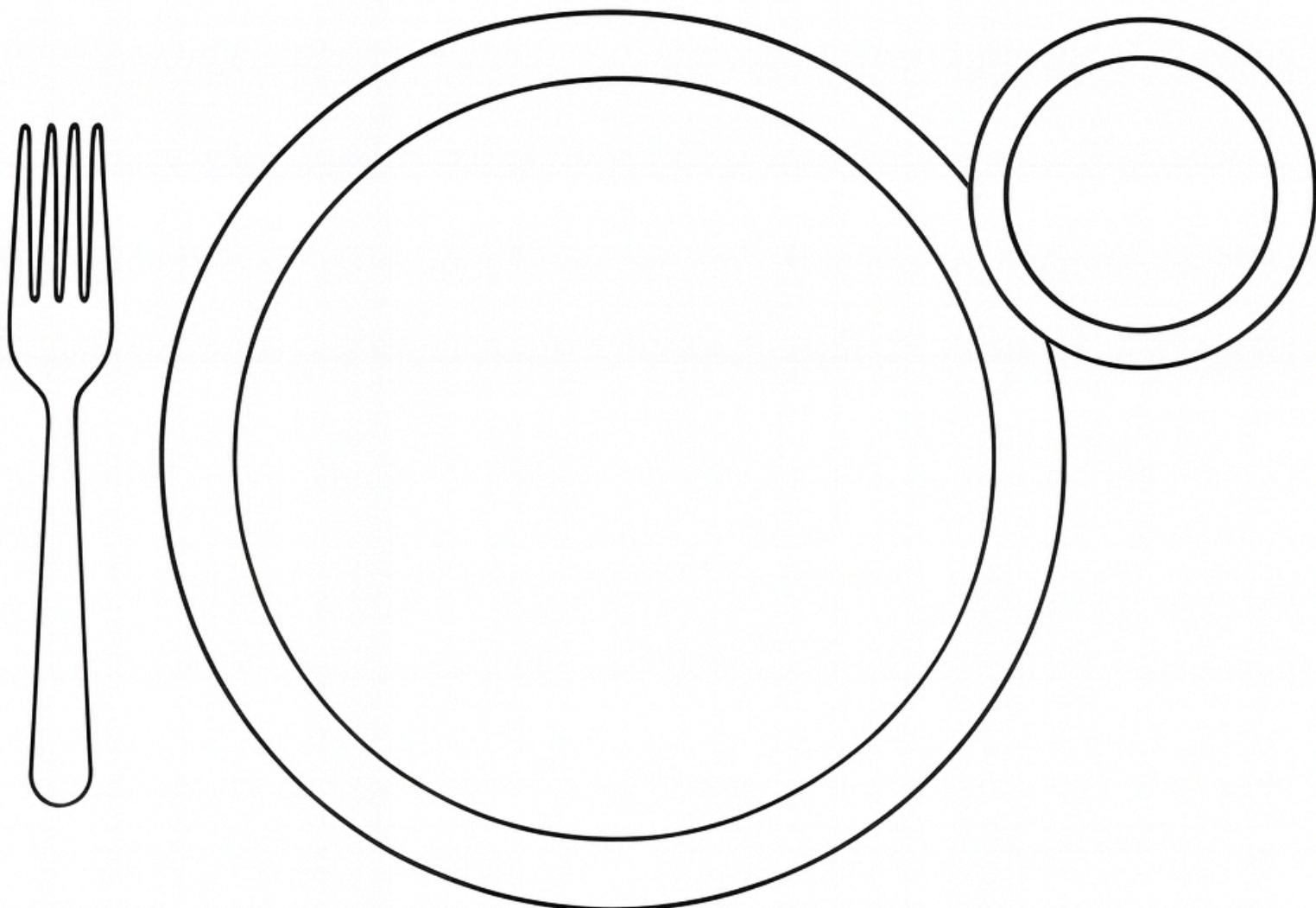
Fruits = red, Vegetables = green, Grains = brown, Protein = purple, Water = blue

Add your favorite food in each part of the plate!



My Nutrition Name: _____

DRAW YOUR OWN BALANCED PLATE!



Draw your favorite sweet treat using MODERATION: