

My Nutrition Name: \_\_\_\_\_

# LESSON 6: MODERATION, BALANCED PLATE, & NUTRITION LABELS

**Fill in the blanks using the word bank:**

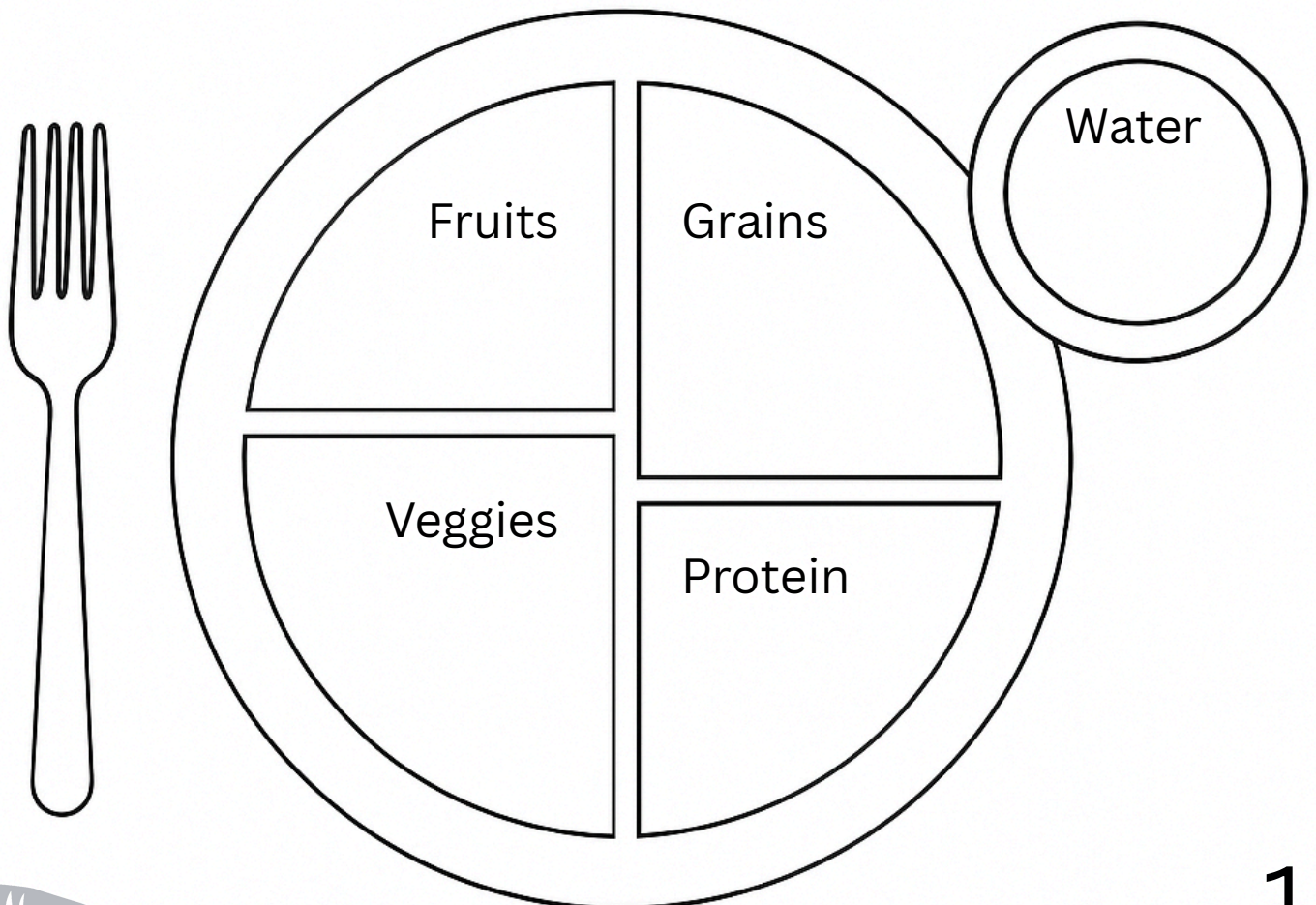
1. We eat foods from every food group to make a \_\_\_\_\_ plate.
2. Fruits and veggies should take up \_\_\_\_\_ of your plate.
3. \_\_\_\_\_ helps us poop, feel full, and clean our insides.

<b>Word bank:</b>		
Half	Fiber	Balanced

**Color each section of the plate the right color!**

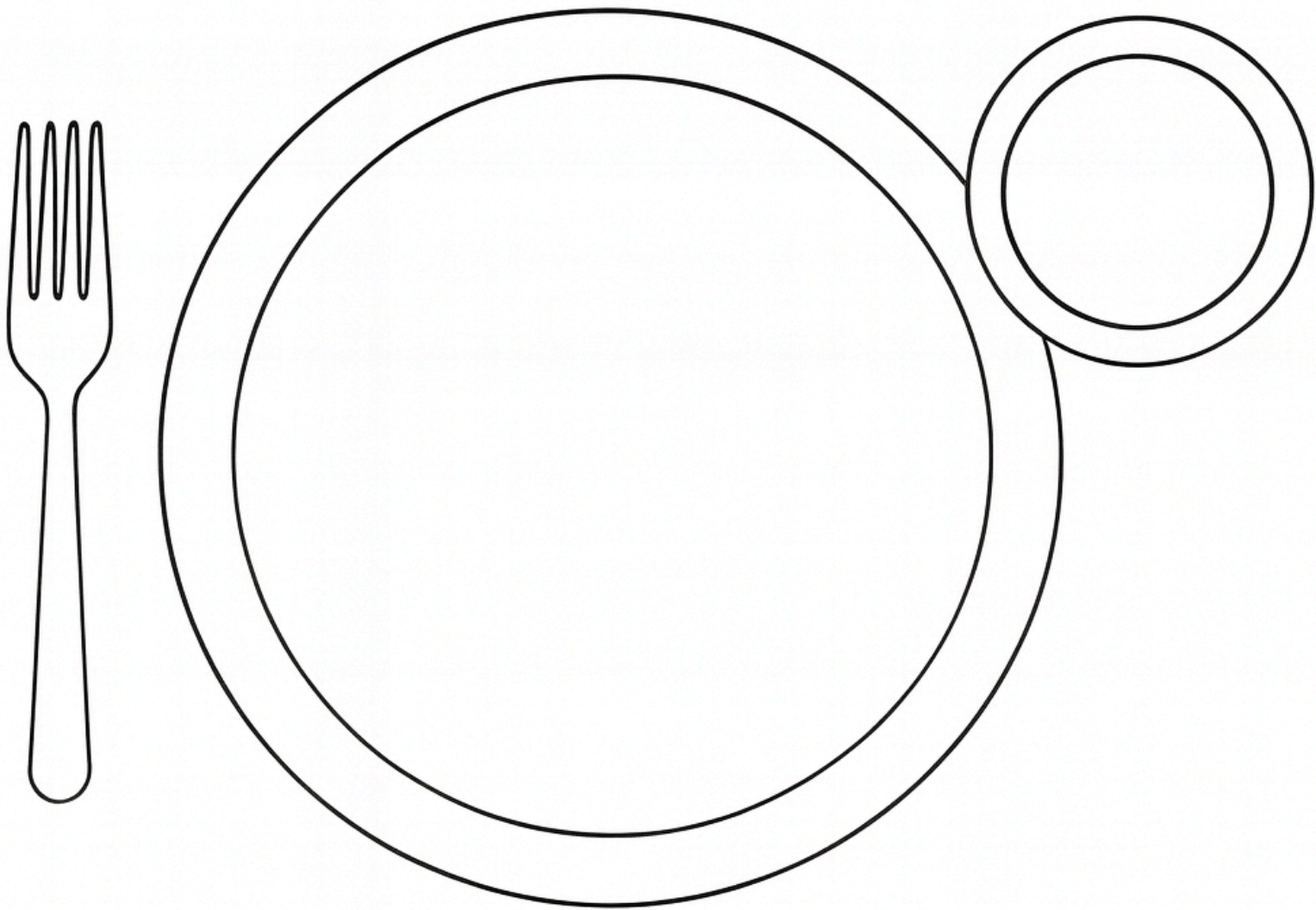
**Fruits = red, Vegetables = green, Grains = brown, Protein = purple, Water = blue**

**Add your favorite food in each part of the plate!**



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# DRAW YOUR OWN BALANCED PLATE!



Draw your favorite sweet treat using MODERATION: