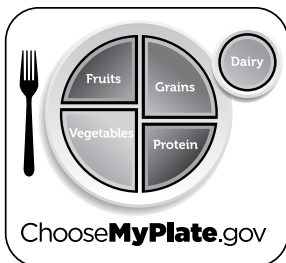


Fruits and Veggies on MyPlate

LESSON 1 HANDOUT 2

Name: _____ Date: _____



Edible plant parts are found in more than two of the five **MyPlate** food groups we need each day for good health. Do you know which ones? (Circle them below).

Fruit Group

Vegetable Group

Grain Group

Protein Foods Group

Dairy Group

Look at the school lunch menu below and fill in the table by answering the following questions:






1) What is the original ingredient?

For each menu item, list the major ingredient from which it was made. Pizza is a combination food made up of foods from three food groups. Provide answers for each food in the pizza, as well as for the rest of the meal.

2) What food group does it belong to?

3) Did it come from a plant? Answer "yes" or "no."

4) Which edible plant part is it?

Lunch Menu Item	Original Ingredient		Food Group	Does It Come From a Plant? (yes/no)	Edible Plant Part
 WHOLE-WHEAT CHEESE PIZZA	a. Crust (example)	Wheat Flour	Grain Group	Yes	Seed
	b. Tomato Sauce				
	c. Cheese				
 BAKED SWEET POTATO FRIES					
 BOWL OF BROCCOLI					
 APPLESAUCE					
 FAT-FREE MILK					

5) What fruits and vegetables are on this menu? List them: _____

