

Name: _____

Date: _____

My Healthy Plate

Y S E I G G E V L A

V F E R F O O D C D

B K L L O W A T E R

P L P K L I M L K H

C U P V U L Y H S O

G N A Q N F R U I T

X C U U K Y G M K V

Y H L L E C I U J Z

D W B Y D A E R B P

W S N A C K S Q L H

Veggies

Snacks

Juice

Apple

Bread

Fruit

Lunch

Water

Food

Milk