

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# my plate

I U S J V E G E T A B L E L Z D X G U D X F J E  
C R B T F G B O N O O Z P X J J R I Q Q F C V A  
H Q N C O G Y D P S E P A R G D E R D S Y B E W  
X T W H X R A I Q P S E P A R G N E E R G C L O  
T X X J I Y R Z Q E H N L R J A M A G I B P N D  
D E Z P E A R A V A Y K O P A C N Y O M A S I A  
F B R K Z O B M C C S G Z L P T B P R R N K P C  
T B F N A R J E S H E T N D E A A N X H A F L O  
Y R R E H C F G Z P I U W S G M P K P R N O B V  
H W Q U E J V N Y Y R D J L T I R Y J W A H L A  
N X L L X D V A J O E W O Y D H O E E T J X B D  
I G P U M B Z R S T D J B W M J Y I T T Y A D H  
E U I W V M P O O P G V D I E U M M A A W X U V  
T A N I Y M E N N T R J L F F Z E Y Q B W U H F  
O E E L U V G O G J A K R Y I F L R W N D P U M  
R Q A L L X K U R J P E D V Q W O R Z S H G Q B  
P R P Y B T A Q R L E V X I A T N E C R E T C Q  
P V P R V V Q F J H F N I L P Q L H A V Q S Y N  
C D L I A O I T I U R F E P A R G C X D H E M Q  
T Q E A M P L S E V U K J V M V W K M C T T F W  
J D S D J W F Q L H I B J S C Q I C N Q G I N Q  
F R Y N E W V J S S T I U R F C X A C S W N E Z  
C T B L A C K G R A P E S E P C A L Z F H N M A  
E M Y P L A T E P Y V P Q Z I C T B Z A R Y A S

- |                |              |              |              |             |
|----------------|--------------|--------------|--------------|-------------|
| red grapefruit | black grapes | green grapes | black cherry | grape fruit |
| watermelon     | red grapes   | vegetable    | pineapple    | my plate    |
| protein        | carrots      | avocado      | banana       | orange      |
| fruits         | cherry       | guava        | melon        | apple       |
| peach          | dairy        | plum         | pear         | milk        |