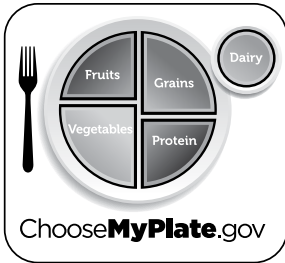


# Fruits and Veggies on MyPlate

## 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
 <b>WHOLE-WHEAT CHEESE PIZZA</b>	a. Crust (example)	Wheat Flour	Grain Group	Yes	Seed
	b. Tomato Sauce				
	c. Cheese				
 <b>BAKED SWEET POTATO FRIES</b>					
 <b>BOWL OF BROCCOLI</b>					
 <b>APPLESAUCE</b>					
 <b>FAT-FREE MILK</b>					

**5) What fruits and vegetables are on this menu? List them:** \_\_\_\_\_

