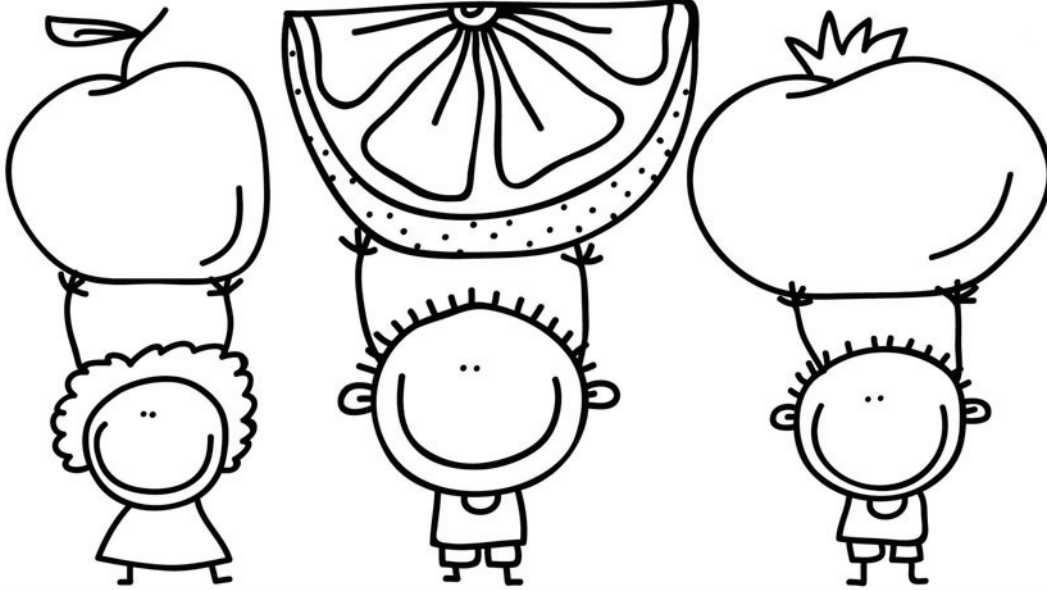
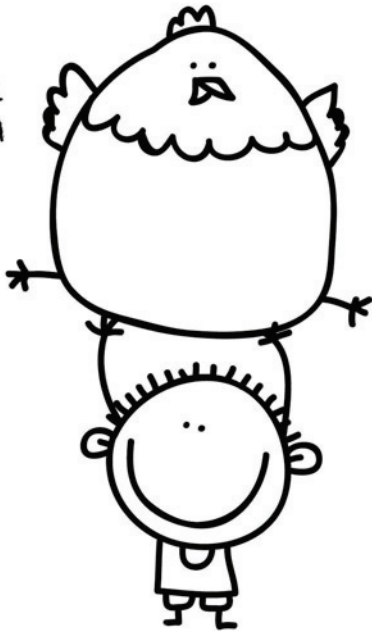


1/2 OF MY PLATE  
SHOULD BE FRUIT &  
VEGETABLES



1/4 OF  
MY PLATE  
SHOULD BE  
PROTEIN



1/4 OF  
MY PLATE  
SHOULD BE  
WHOLE GRAIN



Use this template as inspiration for your class art project! Students can trace this image onto the **Special Makit Paper Template** included with your kit or draw their own version onto the template.