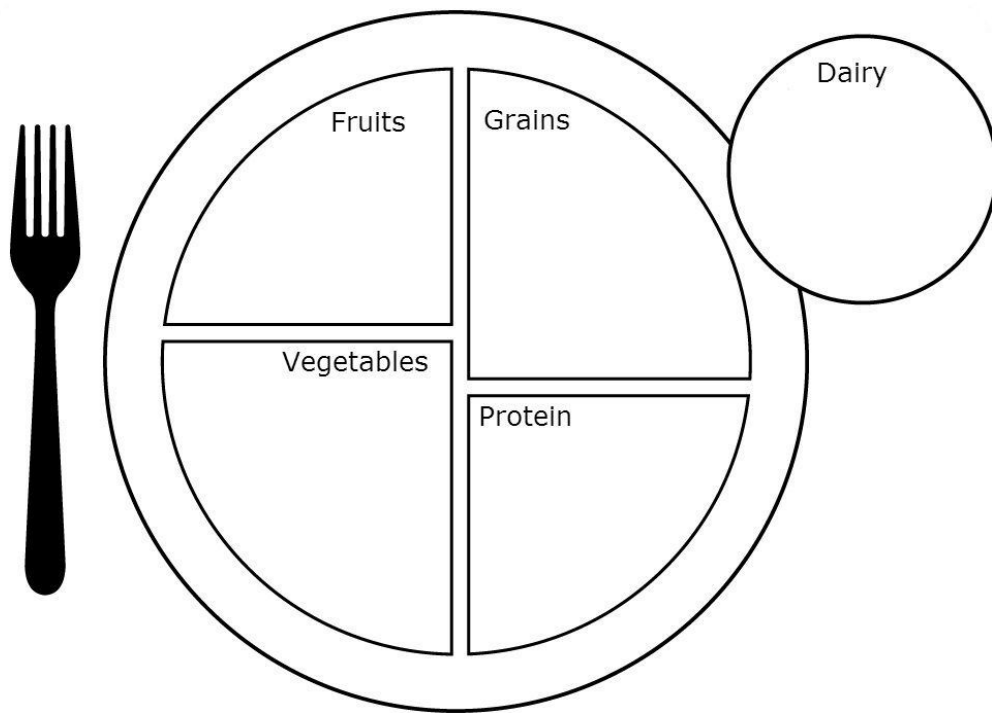


# MyPlate Activity

Plan your meal at home from the Star Activity sheet!



Decorate your plate with the foods from the Star Activity. It is recommended that half your plate consist of fruits and vegetables. visit [www.choosemyplate.gov](http://www.choosemyplate.gov).