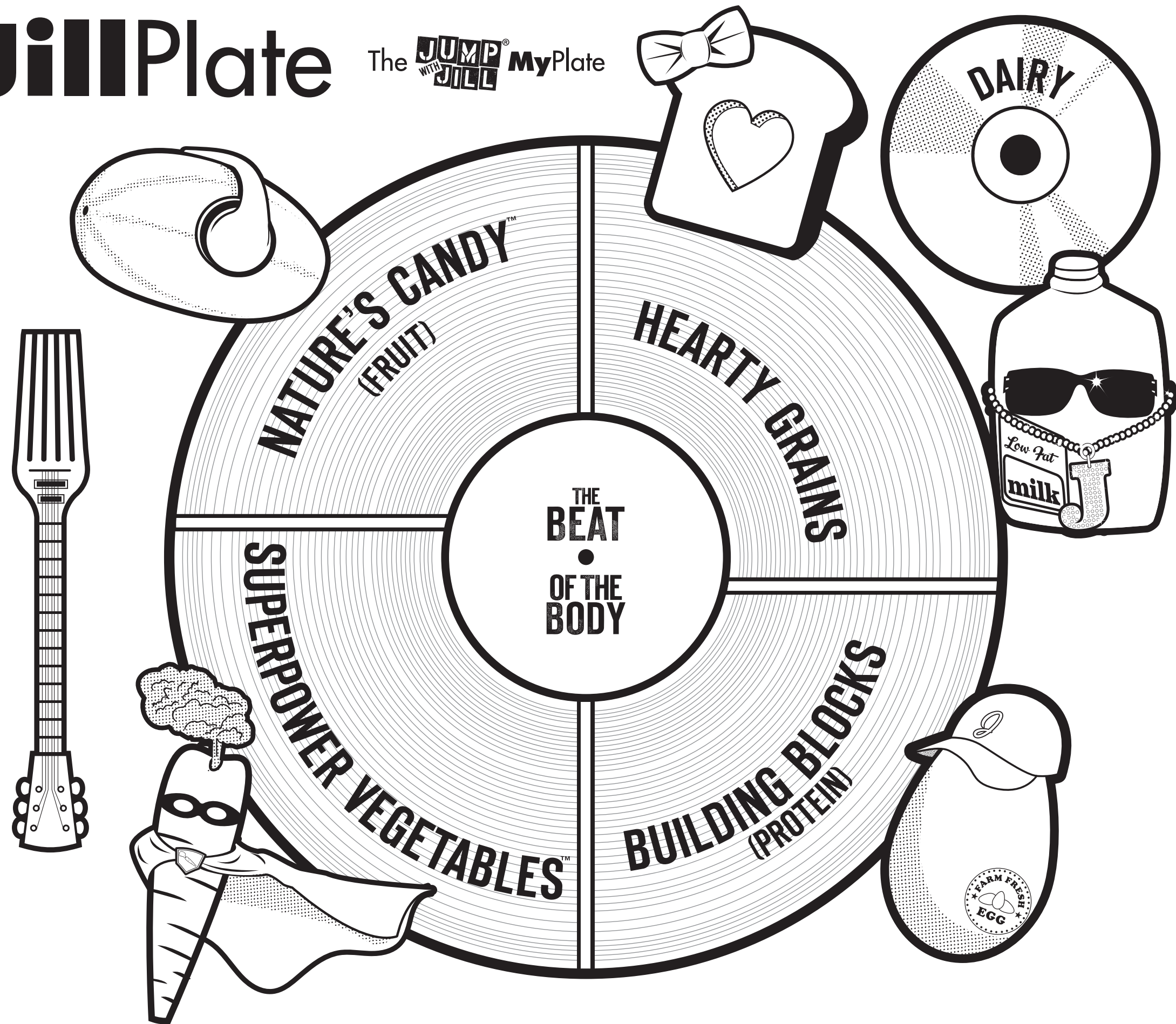


# JillPlate

The **JUMP WITH JILL** MyPlate



Each day, we need to get energy from healthy foods from each food group. Draw a line from the food word to the correct food group on the JillPlate diagram.

- Cantaloupe
- Low fat milk
- Carrot
- Eggs
- Low fat yogurt
- Beans
- Broccoli
- Tangerine
- Whole wheat bread
- Watermelon
- Brown rice
- Fish
- Whole grain cereal