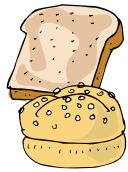
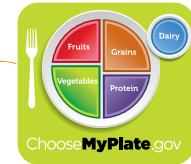


MyPlate Grocery Store Treasure Hunt

Families and Friends:

Take this sheet along with you the next time you go to the supermarket, and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.



Make at least half of your grains whole grains.

GRAINS

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.

Check the box and name the cereal

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

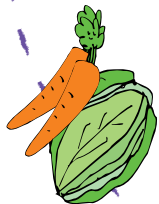
Check the box and name the bread

VEGETABLES

Look for a dark green and a red or orange vegetable.

Check the box and name the red or orange vegetable

Check the box and name the dark green vegetable

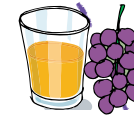


Color your plate with great tasting veggies.

FRUITS

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

Check the box and name the fruit



Fuel up with fruit.

DAIRY

Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

Check the box and name the dairy food



Get your calcium-rich foods.

MEAT AND BEANS

Try fish, shellfish, beans, and peas more often. Find a bag of dry beans.

Check the box and name the beans



Vary your proteins.