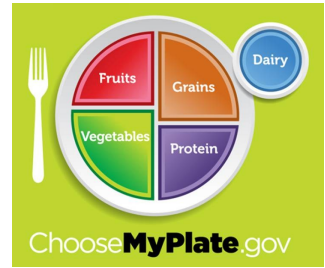


Name: _____

Grocery List



You are helping out with the grocery shopping this week. Organize the 20 food items into the 5 groups of the MyPlate: Fruits, Vegetables, Grains, Protein and Dairy. Good Luck!

- | | | | |
|----------------------|------------|-------|-------|
| 1. Carrots | Fruits | _____ | _____ |
| 2. Low Fat Milk | | | |
| 3. Bananas | | _____ | _____ |
| 4. Beans | | | |
| 5. Broccoli | Vegetables | _____ | _____ |
| 6. Popcorn | | | |
| 7. Apples | | _____ | _____ |
| 8. Mozzarella Cheese | | | |
| 9. Whole Wheat Bread | Grains | _____ | _____ |
| 10. Lettuce | | _____ | _____ |
| 11. Peaches | | | |
| 12. Oatmeal | | | |
| 13. Cheddar Cheese | Protein | _____ | _____ |
| 14. Salmon | | _____ | _____ |
| 15. Yogurt | | _____ | _____ |
| 16. Grapes | | | |
| 17. Tofu | Dairy | _____ | _____ |
| 18. Brown Rice | | _____ | _____ |
| 19. Bell Peppers | | | |
| 20. Chicken Breast | | | |

