# VISUAL REPRESENTATION OF ONE MEAL

Create a plate from one of your meals from your menus. Use a paper plate and construction paper. MyPlate has a visual of what your plate should look like.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 5 | 4 | 3 | 2 | 0 |
| All 5 food groups represented |  |  |  |  |  |
| ½ plate  Fruits and vegetables |  |  |  |  |  |
| ¼ plate grains |  |  |  |  |  |
| ¼ plate protein |  |  |  |  |  |
| Neatness |  |  |  |  |  |
| Attention to details |  |  |  |  |  |
| subtotals |  |  |  |  | TOTAL  /30 |

**SCORE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/30**