

Name: _____

The MyPlate food guidance system is designed to help us eat a variety of healthy foods. Think of at least 20 of your favorite foods—the foods you eat most often at meals or as snacks. Write each of these foods under their appropriate category in the MyPlate diagram on the next page. Use the fact sheets about the different food groups to help you. After you have written down at least 20 favorite foods, answer the questions below.

- 1.** From which food group did most of your favorite foods come? Explain why this is your favorite food group.

- 2.** From which food group did the least of your favorite foods come? Explain why this is your least favorite food group.

- 3.** What changes could you make to make your overall eating habits healthier?

This activity is continued on the next page.