

I Am Ready to Eat!

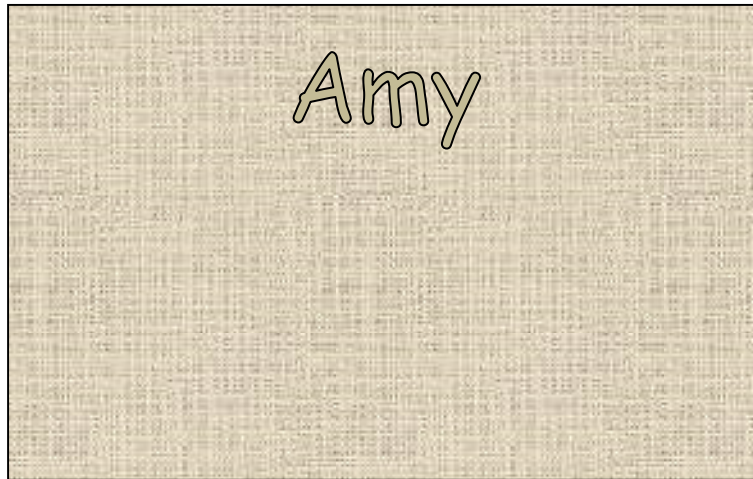
Hi. My name is Amy. It is dinnertime. I am hungry.
I am ready to eat!

Mom made a fruit salad.

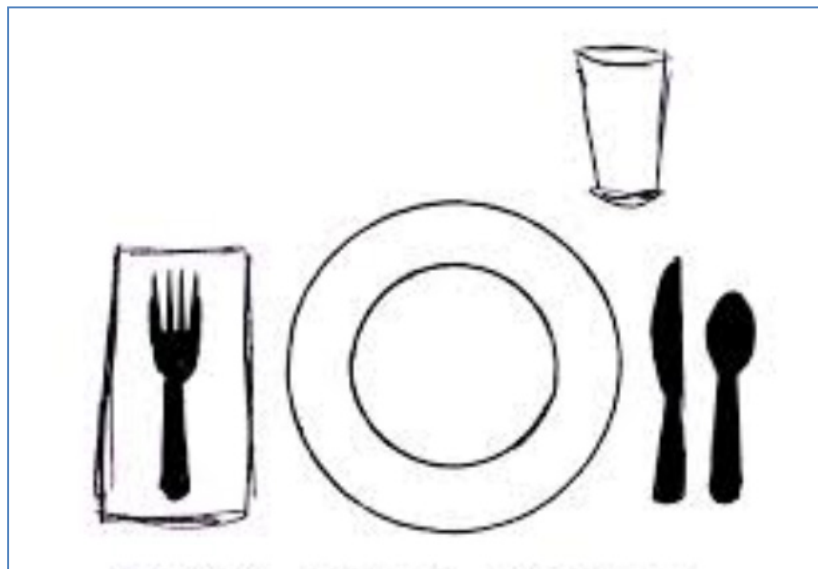
She also fixed broccoli, chicken, carrots, baked potatoes, and whole-wheat rolls. I always get milk to drink for dinner, too.



I Am Ready to Eat!



This is my placemat. It has my name on it.



Every night I set the table for the family. It is my job.
This is the place setting I put on everyone's placemat.

I am ready to eat!
It is hard to wait.

I Am Ready to Eat!

Soon I hear Mom announce, “The food is ready!”
I am the first to sit down.

I am ready to eat!
What should I choose?

I remember what we learned at school.
I can use the food-group colors to help me decide.



Blue stands for Dairy.



Green stands for Vegetables.



Red stands for Fruits.



Orange stands for Grains.



Purple stands for Protein.

I am ready to eat!
I need food from all five food groups.
How much should I have?

I Am Ready to Eat!

I remember the MyPlate picture.



I remember how to use it.

I divide my plate in half first.



I know that half my plate should have fruits and vegetables.

The green shape is bigger than the red shape. That means I need more vegetables than fruit.

I Am Ready to Eat!

I will have lots of salad. I don't like baked potatoes. I don't want carrots.

My favorite fruit is watermelon. I will find it in the salad. I will find the blueberries there, too. Sometimes I eat grapes, but not today.

Now I need food for the other half of my plate.



I need some protein and grains. Chicken is protein. I put some on my plate. Bread is from grains. I put a big whole-wheat slice of bread on my plate.

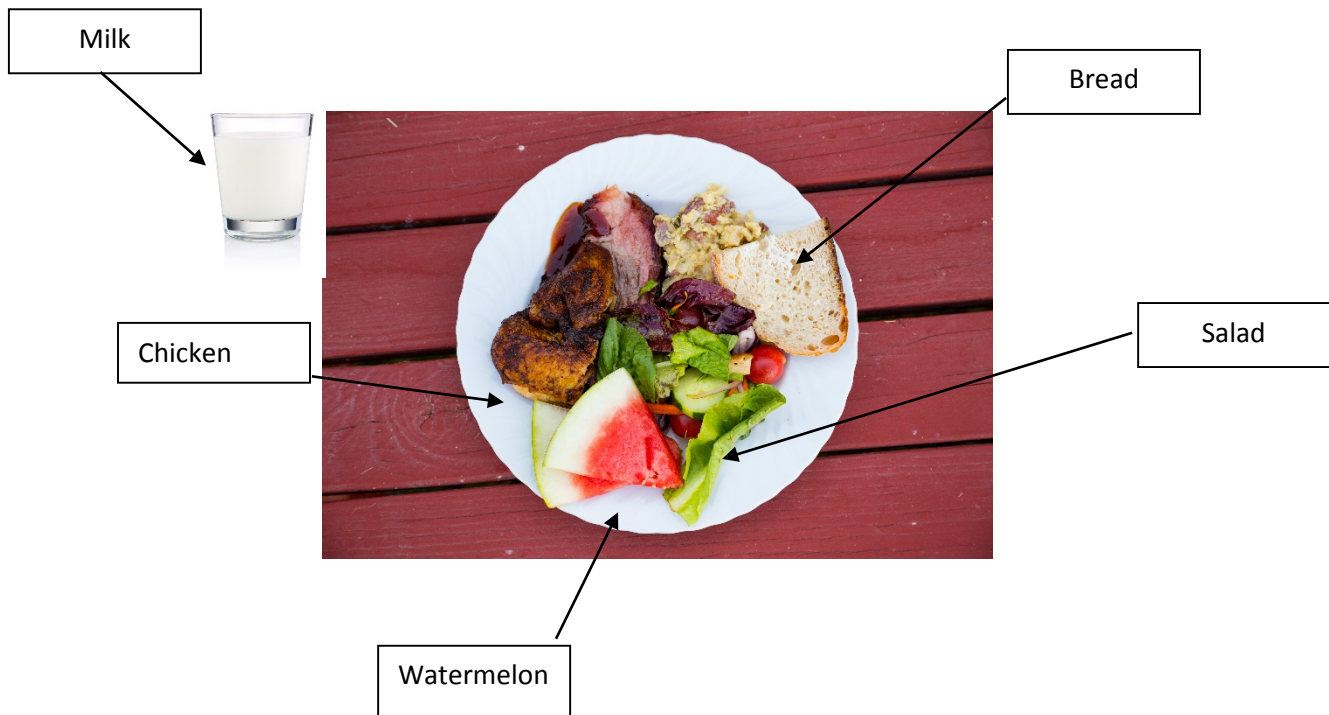
Next, I ask Mom for some milk.

I am ready to eat!
And I do.

I Am Ready to Eat!

I eat all of it!
It is delicious.

These are the foods I had for dinner. Mom always makes sure I have healthy choices.



I had fun building a healthy plate of food for dinner.

And I did it all by myself!