

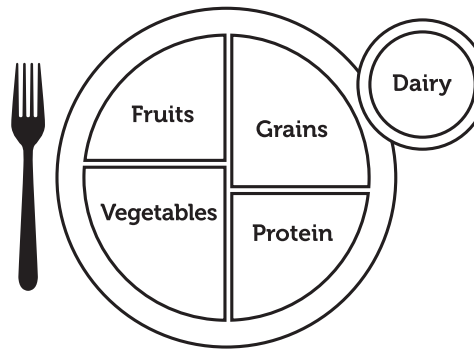


## What's On Your School Menu?

Choose a food group. From your school's cafeteria menu choose a food item that is in your food group. Answer the questions in the boxes below using both pictures and words.

1. Name of food:

2. Use the appropriate color to fill in the MyPlate section this food is in:



Choose **MyPlate**.gov

3. Main nutrients and health benefits:

4. Where does this food come from?

5. How is this food grown?

6. How is it prepared for us to eat?