

## **Fill-In MyPlate**

**Objective:** Participants will be able to visually see what foods and how much to eat at each meal.

**Helpful Materials:** One MyPlate handout for each participant, pens/pencils.

**Directions:** Give each participant a copy of the MyPlate handout. Have each participant write the food group in the corresponding section of the MyPlate graphic.

Facilitators can ask the large group which foods they put in each section of the graphic. Conclude this activity by discussing what they learned about healthy meal choices.