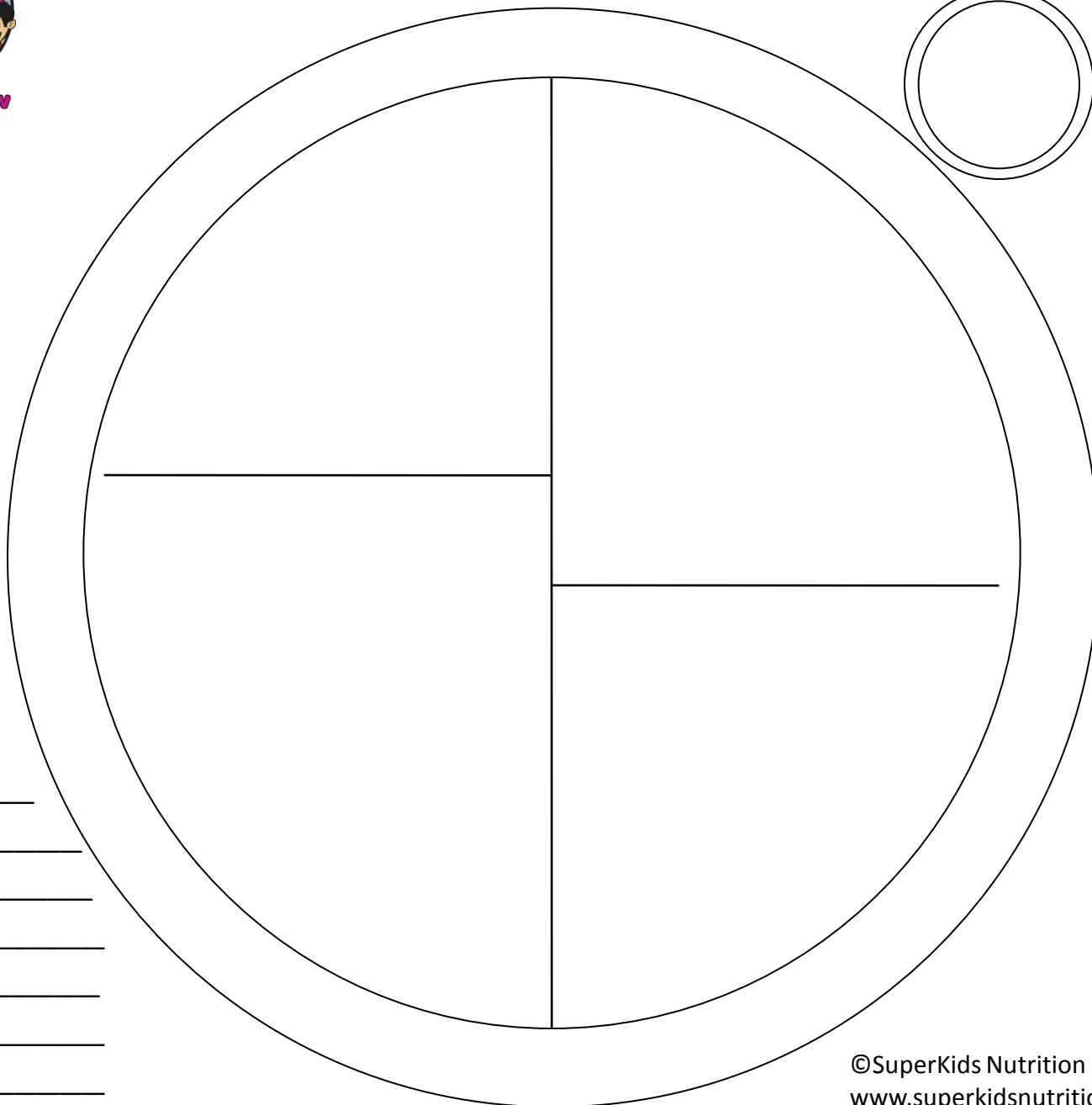


**Activity**

- 1) Write in the names of each section of MyPlate in the outer circle
- 2) Draw and color your favorite healthy foods in each section

**Healthy Body Pledge**

- I want to grow strong and healthy
- I want to feel my best inside and out
- I will make sure to eat more colorful fruits, veggies and whole grains each day.



**Start - Stop - Keep for the healthiest you, just like the Super Crew®!**

Start \_\_\_\_\_

\_\_\_\_\_

Stop \_\_\_\_\_

\_\_\_\_\_

Keep \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_