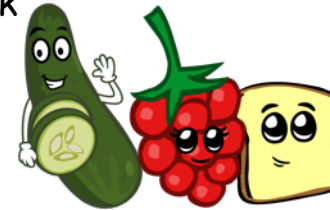


My Plate - Fill in the Blank

Complete your plate: Fill in the right words to get your plate in shape.



1. You should replace your whole milk with fat free or low fat milk.

2. Choose whole wheat instead of white bread.



3. Protein helps build new skin, muscles, and blood.

4. Half of your plate should be filled with fruit and vegetables because they taste great and are high in vitamins and minerals.

5. It's better to eat your fruit than drink it.

