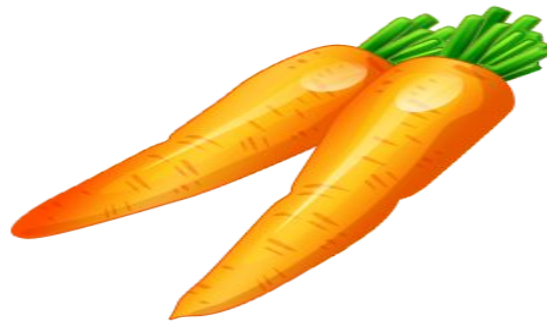
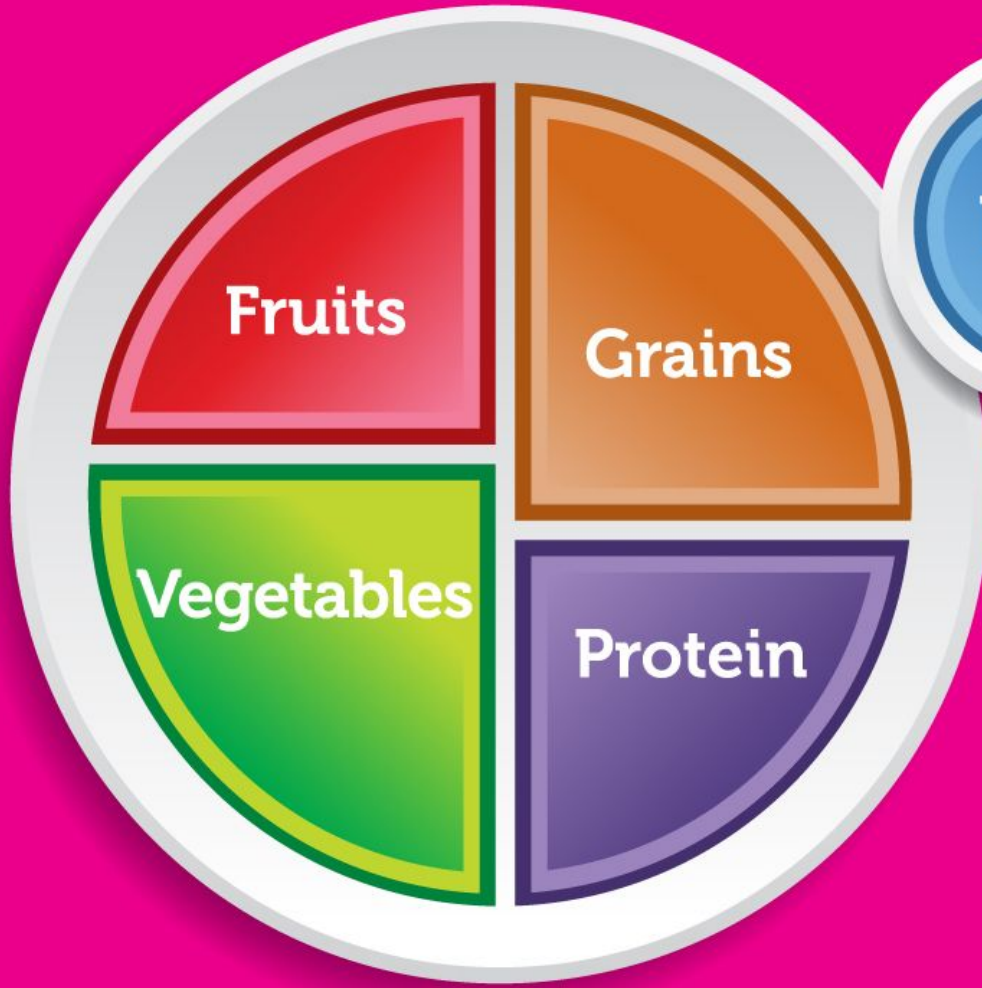




What do you look like as a
Food Person?







Choose **MyPlate**.gov

What you need to do . . .

- You are going to create a person based on MyPlate.
 - You must have a minimum of 3 fruits
 - You must have a minimum of 3 vegetables
 - You must have a minimum of 3 grains (bread, cereal, rice and pasta)
 - You must have a minimum of 2 proteins (meat, eggs, peanut, etc)
 - You must have a minimum of 3 dairy (milk, cheese, yogurt)
- Create a rough draft on a sheet of notebook paper before starting to use construction paper. Make sure you have the correct number of food items.
 - You may use more of any one of the items when you have met the requirements.
 - Be creative! You can make an entire “person” out of fruits and vegetables or just the head.
 - I must be able to tell what food you are using without asking you what it is.
 - You can use the food in any form. Either whole or sliced.
- You need to have a separate sheet of paper that lists the foods and what body part they represent.