

My Plate - Fill in the Blank

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



eat

muscles

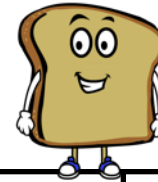
vitamin C

whole wheat

fruits

vegetables

low fat



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

2. Choose _____ instead of white bread.

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

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

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

