

Chef Solus' Independence Day Worksheet - Light Up Your Plate

Match the food groups to the correct color. Use the My Plate on the side to get some hints.

The image shows five fireworks at the top, each connected by a red line to a food group illustration below. The connections are as follows:

- Purple firework connects to Protein (fish, shrimp, egg, beans, bread).
- Red firework connects to Grains (cereal, rice, bread, pretzels, dumplings).
- Orange firework connects to Fruits (apple, grapes, banana, orange, pineapple, coconut).
- Green firework connects to Vegetables (eggplant, bell pepper, corn, broccoli, cauliflower, carrot, garlic).
- Blue firework connects to Dairy (milk, yogurt, cheese).

