



Discover MyPlate

with Nate and Kate



Dear family,

Your child is learning about healthy eating. USDA's **Discover MyPlate: Nutrition Education for Kindergarten** shows how eating a variety of foods can be easy *and* fun!

MyPlate Nate and Kate like to eat foods from all five food groups to stay healthy and strong. Join them on an adventure through the **Pathway to MyPlate** and explore all five food group stops to learn more about where food comes from.

The MyPlate Food Groups:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy

At the end of the Pathway, celebrate together as a family!

Eating a variety of fruits, vegetables, grains, protein foods, and dairy can set your family on a path towards a healthy future.



MyPlate
Nate



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Pathway to MyPlate

Follow the path to learn about the MyPlate food groups. After each stop, choose an exercise break from the bottom of this page to do together. **Let's get started!**



(Food group answers on the next page.)

1

Rainbow Fruit Stand



Count the mixed-up fruits!

How many did you find? ▼		Vote for your favorite!
Strawberry		<input type="checkbox"/> ☆
Orange		<input type="checkbox"/> ☆
Apple		<input type="checkbox"/> ☆
Grapes		<input type="checkbox"/> ☆
Blueberry		<input type="checkbox"/> ☆

2 Protein Picnic

Look at all of the protein foods!

What are your favorites? Draw them here! →



"Keep going to the top of the next page!"



Being healthy is about physical activity too. Here are some ideas to get moving!

- 5**
 Peachy Push-ups
- 15**
 Jalapeño Hops
- 20**
 Popcorn Pop-ups
- 10**
 Cluck Cluck Jumping Jacks
- 1-minute**
 Moo-Moo March



3

Look at the field of wheat!

Find the hidden grain foods.
Circle and color them in!

Great Grain Field



Bread



Oatmeal



Pita



Tortilla



4

Veggie Garden

Grow the vegetables!

Trace each letter in the Letter Bank. Say the letter sound.
Then write the missing letter in each word below.



Taro



__roccoli



__abbage



__pinach



__epper



__kra

5

The dairy food group has yummy options!

Can you count them?



Trace the number of each food. Then write it in the box. ▼						
	Fat-Free Milk	1	2	3	4	
	Soy Milk	1	2	3	4	
	Low-Fat Yogurt	1	2	3	4	
	Cheese	1	2	3	4	

Rainbow Fruit Stand: Strawberry (5), Orange (3), Apple (4), Grapes (2), Blueberry (8)
Protein Pints: (Drawings of your favorite protein foods)
Great Grain Field: 2 bread, 2 oatmeal, 2 pita, 2 tortilla
Veggie Garden: Taro, Broccoli, Cabbage, Spinach, Pepper, Kra
Dairy Barn: Fat-Free Milk (2), Soy Milk (1), Low-Fat Yogurt (3), Cheese (4)

Answers:

 **You Did It!**

Let's Celebrate MyPlate *Every Day*

You have traveled the **Pathway to MyPlate!** Celebrate together with these **Discover MyPlate** badges. Simply cut out the badges and attach tape to the back to wear. Remember, healthy eating can be a daily journey—try to eat the five food groups throughout your day!



Find *Where Food Comes From* and other mini books, easy recipes, and digital badges at fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten.



Scan Me!