

When I eat colorful foods, I feel \_\_\_\_\_.

(fill in the blank)

# COLOR YOUR PLATE!

It is important to eat a colorful diet, especially as kids! Don't forget to fill your plate with lots of fruits and vegetables, whole grains, proteins, and some dairy products. Grab your most colorful crayons and colored pencils and fill your plate with color! Draw in at least two foods from each group.

