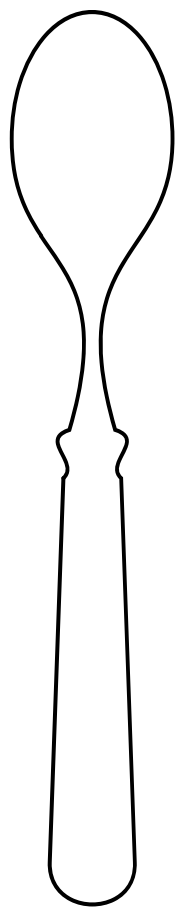
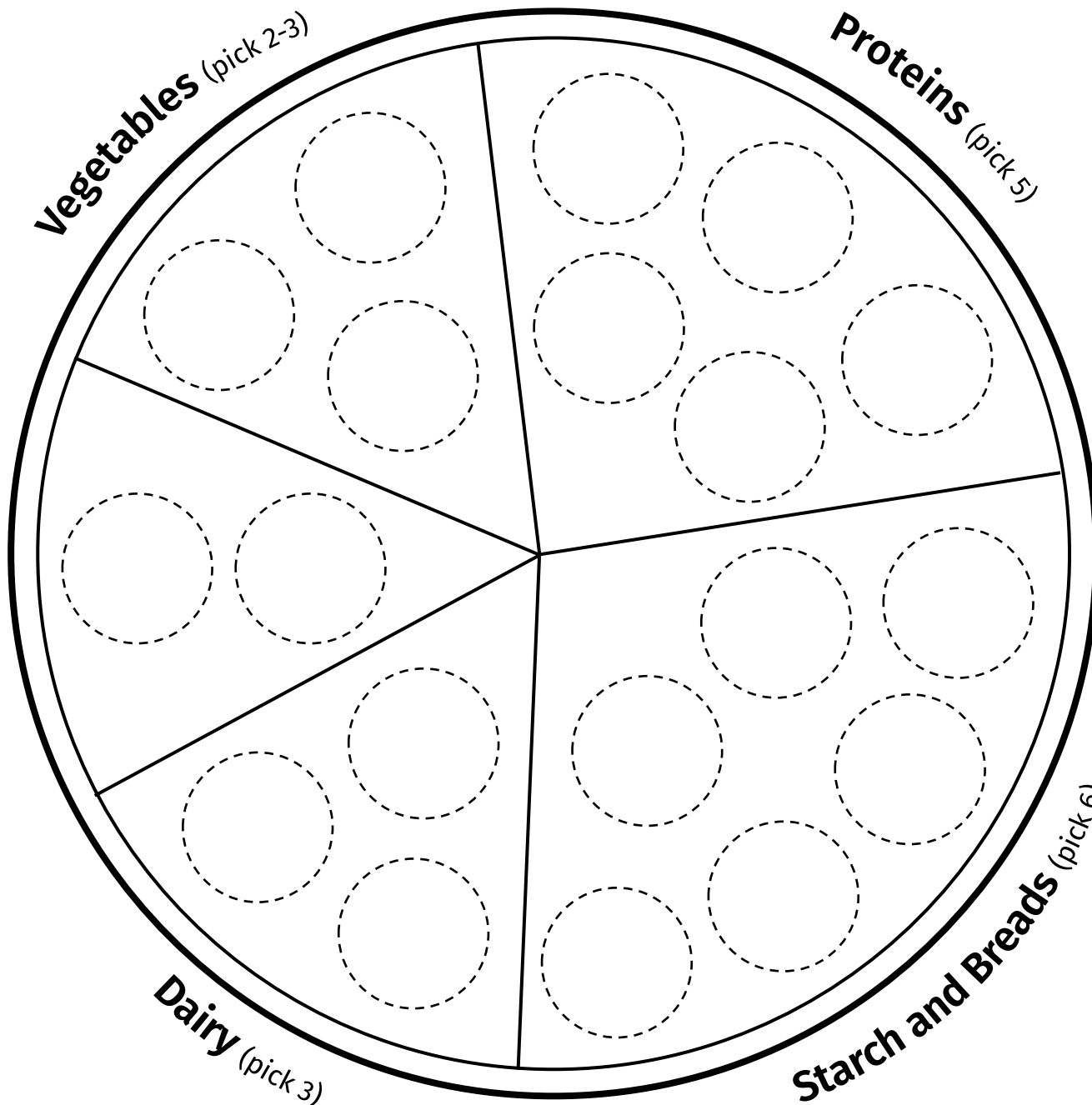


MY DAILY FOOD PLACEMAT

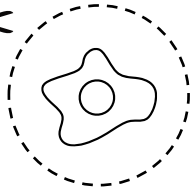
Pick from your food groups to meet your daily nutrition needs.



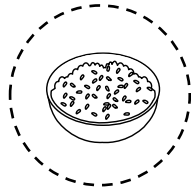
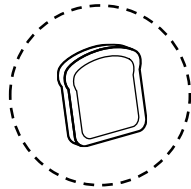
Fruits (pick 2)



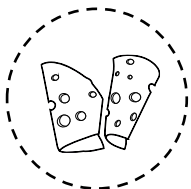
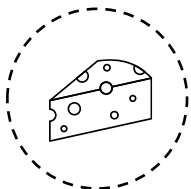
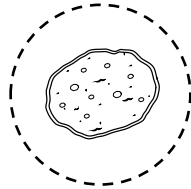
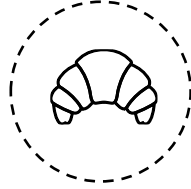
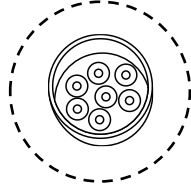
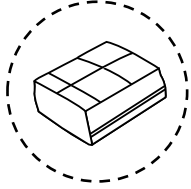
Protein (pick 5)



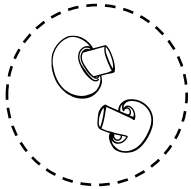
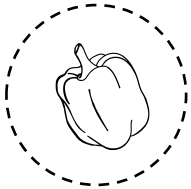
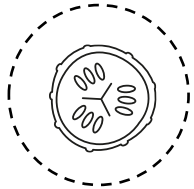
Starch and Breads (pick 6)



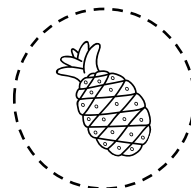
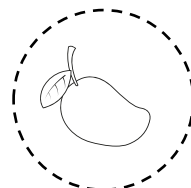
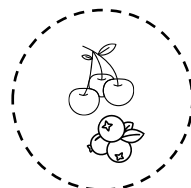
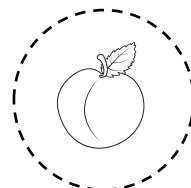
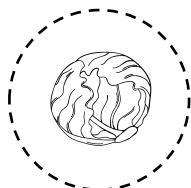
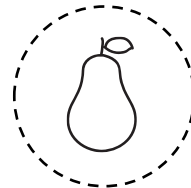
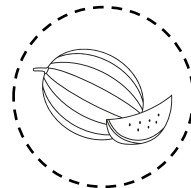
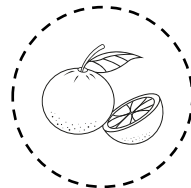
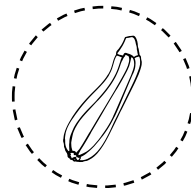
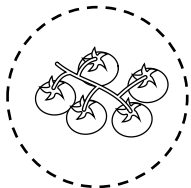
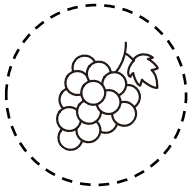
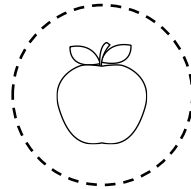
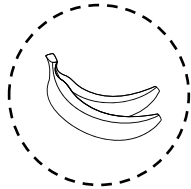
Dairy (pick 3)



Vegetables (pick 2-3)



Fruits (pick 2)



Pick your food! Colour, cut and paste into your My Daily Food Placemat.