Activity
1) Write in the names of each section of MyPlate in the outer circle
2) Draw and color your favorite healthy foods in each section

Healthy Body Pledge
☐ I want to grow strong and healthy
☐ I want to feel my best inside and out
☐ I will make sure to eat more colorful fruits, veggies and whole grains each day.

Start - Stop - Keep for the healthiest you, just like the Super Crew®!

Start __________________________
______________________________

Stop __________________________
______________________________

Keep __________________________
______________________________
______________________________