My Plate helps us know how to eat healthy. It reminds us to eat food from all of the food groups. There are five different food groups can you name them? Good work! The five food groups are Fruits, Vegetables, Grains, Protein, and Dairy.

The foods from these food groups are healthy for us because they give us different nutrients. Nutrients are stuff in our food that helps our bodies grow and stay healthy. Eating healthy gives our bodies energy to run, play, think, talk, swim and all the other fun stuff!

Try out this recipe for a healthy lunch! What food groups are included in this recipe?

**MYPLATE MINI PIZZAS**

**Makes 12 mini pizzas**

**Ingredients**
- 1 package whole-wheat English muffins (6-count)
- 1-20 oz. can of pineapple tidbits (packed in 100% juice), drained
- 1-15 oz. can tomato sauce
- Small package deli meat (turkey or ham), cut into small squares
- 1-1 1/2 cups Mozzarella cheese, shredded
- 2-3 tomatoes, diced; 1 pint cherry tomatoes, halved; or 1-2 red bell peppers, diced

**Instructions**
Separate English muffins into halves. Arrange muffins on a toaster oven baking sheet. Spoon 1 Tbsp. of tomato sauce onto each muffin half. Add a couple of pineapple tidbits, a few pieces of deli meat, and a few tomato or bell pepper pieces. Top with 1-2 Tbsp. of mozzarella cheese. Bake in the toaster oven at 350 degrees until cheese melts (about 3-4 minutes).
Which foods go into which Food Groups? Match up the colors!

Color the Fruits **RED**
Color the Vegetables **GREEN**
Color the Grains **ORANGE**
Color the Protein **PURPLE**
Color the Dairy **BLUE**