

MAKE A HEALTHY PLATE

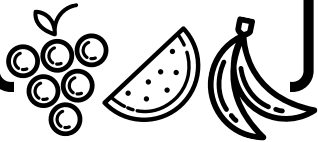


WITH CAPTAIN CREATE!

FRUITS

FOCUS ON FRUITS

List some fruits here



VEGGIES

VARY YOUR VEGGIES

List some veggies here



FRUITS

GRAINS

VEGETABLES

PROTEIN

DAIRY

Captain CREATE wants you to eat balanced meals! Draw a healthy meal on the plate.

DAIRY

GET YOUR CALCIUM-RICH FOODS

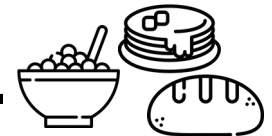
List some dairy foods here



GRAINS

MAKE HALF YOUR GRAINS WHOLE

List some grains here



SOMETIMES FOODS

ONLY EVERY ONCE IN AWHILE

List some 'sometimes foods' here



PROTEIN

GO LEAN WITH PROTEIN

List some protein foods here