

## Choose My Plate Website Posters

### Choosemyplate.gov

Create a poster with the provided paper. Can work by yourself or in a group of two. The poster needs to be colorful and summarize the main or best information from your topic area. Additionally, you should include large font, pictures, charts and or diagrams when appropriate. Go to [choosemyplate.gov](http://choosemyplate.gov) then Select "MyPlate" for food groups or "Popular Topics" for the 10 Tips. For Empty Calorie Foods select "Audience" then "Children" then "Preschoollers"

#### Food Groups:

Fruits

Vegetables

Grains

Protein

Dairy

Empty Calorie Foods -

#### 10 Tips Nutrition Education Series Possible choices:

Choose My Plate

Add More vegetables...

Focus on Fruits

Make Half Your Grains Whole

Got Your Dairy Today

Protein Variety is Key

Build a Health Meal

Healthy eating for Vegetarians

Smart Shopping Veg/Fruit

Liven up Your Meals...

Kid-Friendly Veg/Fruit

Health Role Model

Cut back on Kids Treats

Salt and Sodium

Seafood Twice a Week

Eating Better on a Budget

Enjoy Food but Eat Less

Better Beverage Choices

Choose Whole Grain Foods

Be Food Safe

Choosy in the Dining Hall

Healthier Holiday Choices