

Food Preparation Menu

Create a Balanced Menu Following USDA MyPlate

Name:

Your Recipe:

<i>On The Menu:</i>	
Appetizer	
Salad	
Main Dish	
Vegetable	
Grains	
Dessert	
Beverage	

How My Menu Fits USDA MyPlate

USDA MyPlate includes five food groups: fruits, vegetables, grains, protein foods, and dairy. Try to include foods from all five groups in your menu.

MyPlate Food Group	Which menu item fits here?	Portion Size?
Fruits		
Vegetables		
Grains		
Protein		
Dairy		