**MYPLATE FOOD GROUPS**

Group Members:

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Instructions:

1. Complete the worksheet for your assigned food group. Each group member should assist in finding answers on the ChooseMyPlate.gov website and fill out his or her own worksheet. (10 pts)
2. On your food group piece from MyPlate, include the following:
   1. Name of the food group (2 pts)
   2. Three foods that belong in that group, with pictures (6pts)
   3. Three nutrients, vitamins, and/or minerals (calcium, vitamins, protein, carbohydrates, etc.) that can be gained from eating foods in that group (3 pts)
   4. Daily amounts recommended for your age group for both boys AND girls (2 pts)
   5. Two facts from your food group worksheet (2pts)

\*\*\* Be sure to take notes on these requirements from the website! \*\*\*

1. Present your piece to the class (5 pts)