

# Farrah Fruit



# **Farrah Fruit**

**apple**

**blackberries**

**bananas**

**watermelon**

**strawberry**

**kiwi**

**grapes**

**orange**

**cherries**

# Reggie, Veggie



# **Reggie Veggie**

**carrot**

**broccoli**

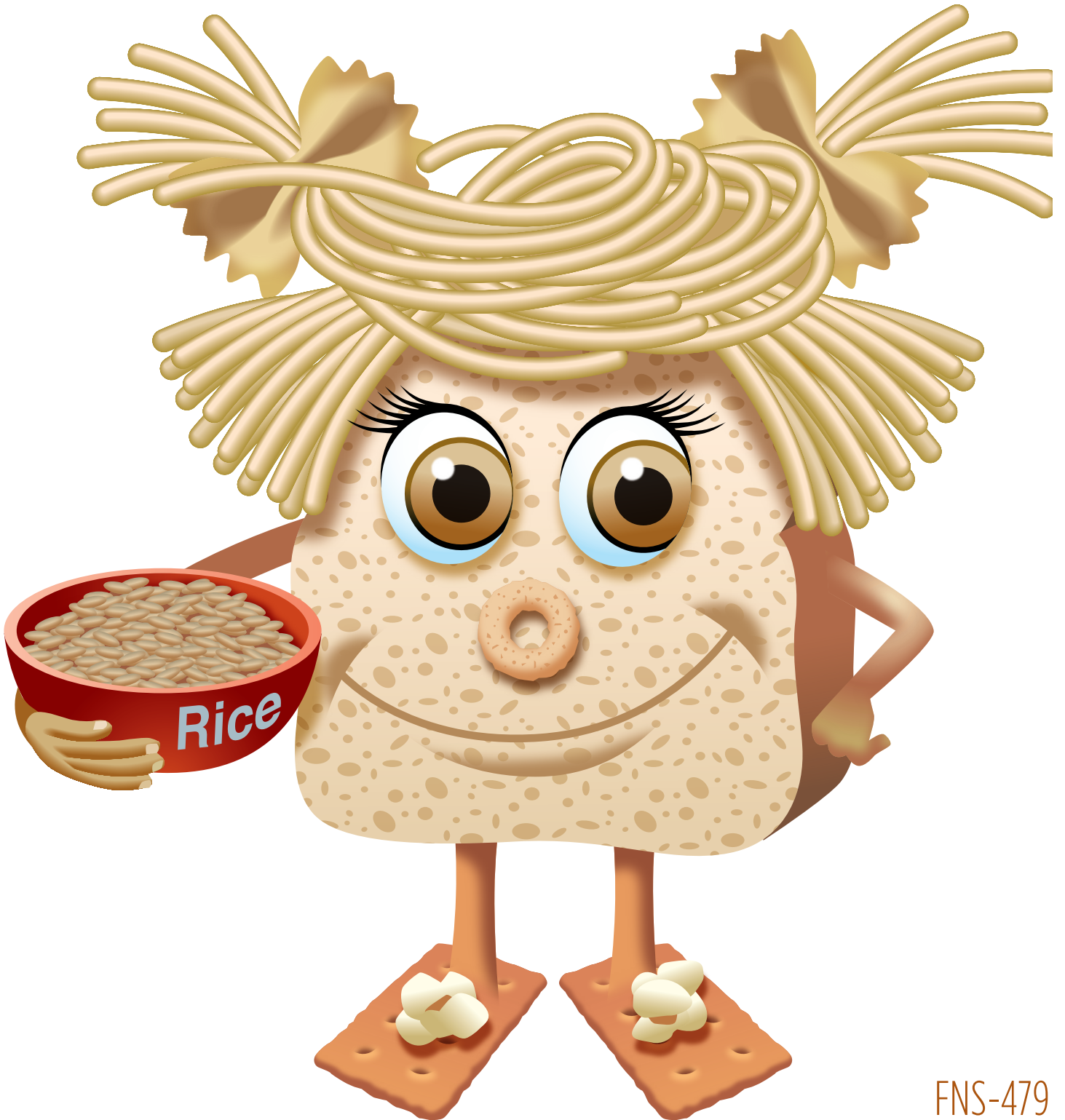
**snap peas**

**spinach**

**beans**



# Jane. Grain



# **Jane Grain**

**whole-wheat bread**

**whole-grain pasta**

**(spaghetti and bowtie)**

**whole-grain cereal**

**brown rice**

**popcorn**

**graham crackers**

# Dean Protein



# **Dean Protein**

**chicken**

**ham**

**egg**

**beans**

**peanuts**

# Mary Dairy



# **Mary Dairy**

**yogurt**

**milk**

**cheese**

**soy yogurt**

**soy milk**

**MyPlate  
Nate**



**MyPlate  
Kate**



# **MyPlate**

## **Nate and Kate**

**They eat healthy foods  
from each food group  
every day. They also  
like to run and play  
every day. Eating smart  
helps them play hard.**