

Chef Solus and the Easter Egg Colors of the My Plate

Follow these directions and find the five eggs that match the colors of the My Plate!

Draw a **circle** around the egg that matches the **grains group**. Look for the word "whole" grains for healthy fiber.

Draw a **star** on the egg that matches the **vegetables group**. Eats lots of veggies every day and your body will thank you!

Draw a **square** on the egg that matches the **fruit group**. Eat fruit for a tasty snack!

Draw a **triangle** on the egg that matches the **dairy group**. The milk group keeps your teeth and bones strong.

Draw an **X** on the egg that matches the **protein group**. Try some seeds and nuts for a healthy protein.

