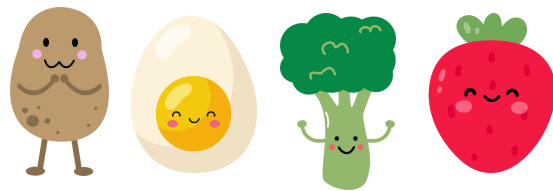


# KINDNESS KORNER



## BE KIND TO YOUR BODY!



**MATERIALS NEEDED: PAPER PLATE, COLOR PENCILS, MARKERS, SCISSORS**

### DESCRIPTION:

MyPlate is an educational model of the different food groups that make up a healthy diet. Half of your plate should be portioned for fruits and/or vegetables and the remaining half should be split between whole grains and lean proteins. Be kind to your body by nourishing it with healthy foods to fuel you!

### INSTRUCTION:

1. Cut out the different food squares and set aside. (If printed in black and white, color food items with crayons or color pencils)
1. Using a marker, divide the paper plate into four sections.
2. Label each section with the following:
  - a. Fruits
  - b. Vegetables
  - c. Grains
  - d. Proteins



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