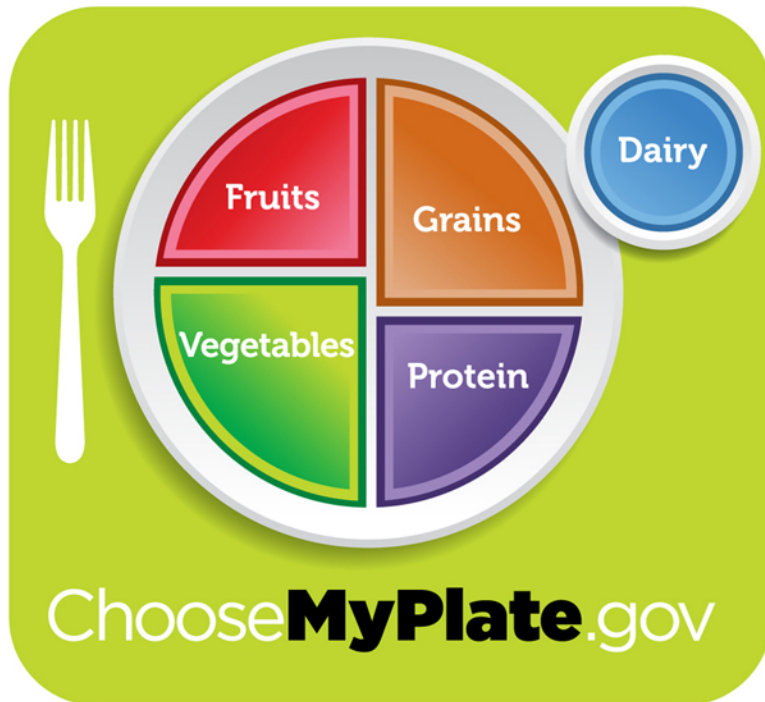


MyPlate Concept Poster

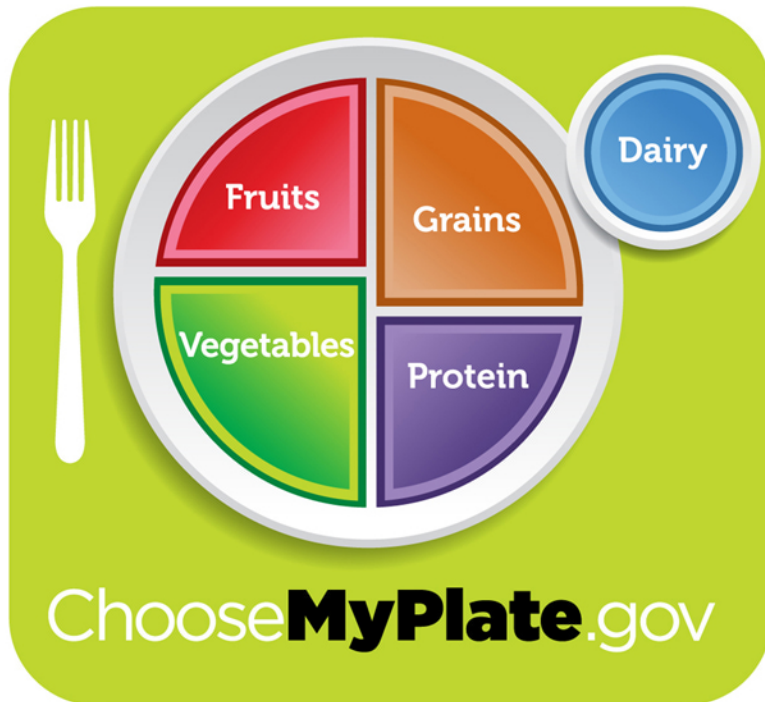
Essential Question:

What choices can I make to be and stay healthy?



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Essential Question:

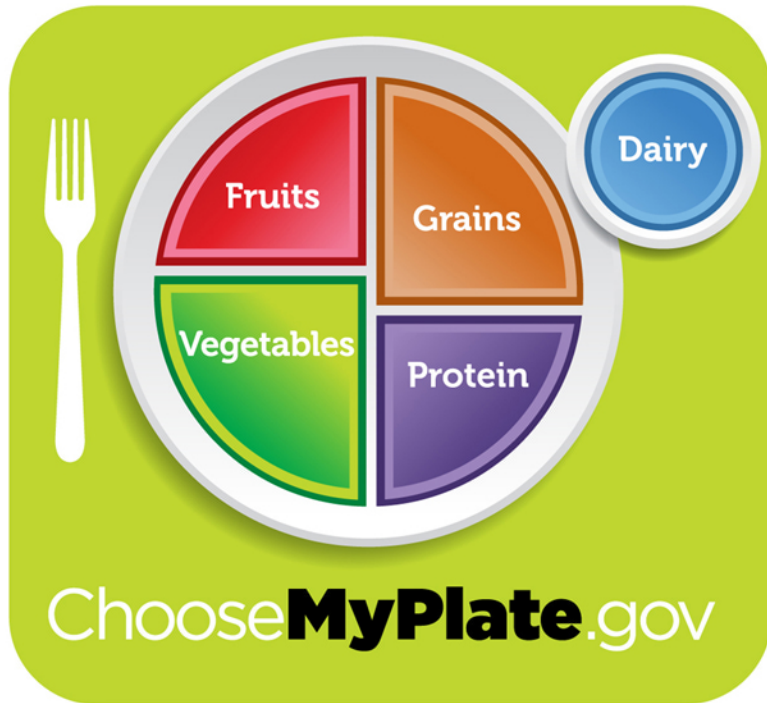


Why is it important to eat a variety of foods from all food groups?

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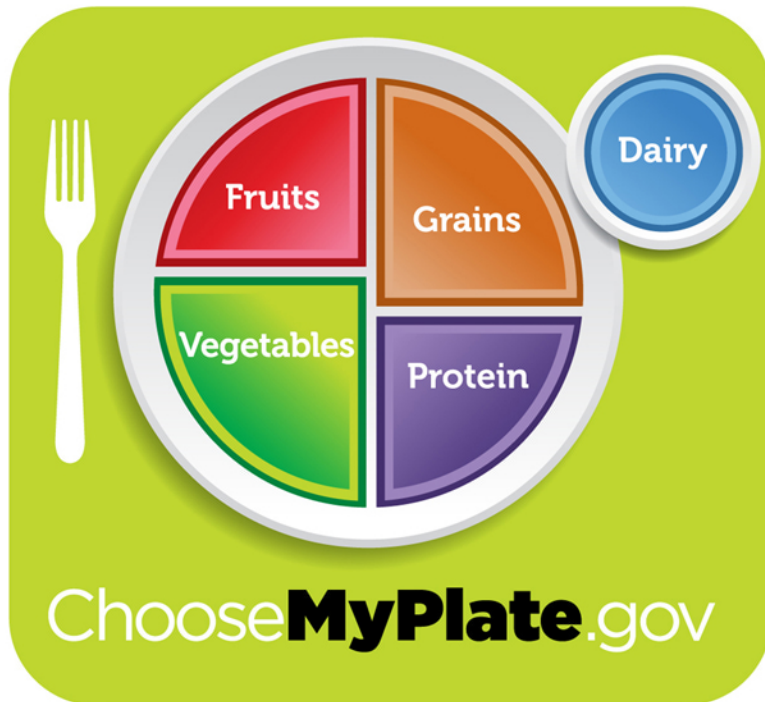
Essential Question:

What foods should I eat less of, and why?



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Essential Question:



**What are “sometimes”
foods? Why are they
called that?**

**What can I eat
instead?**