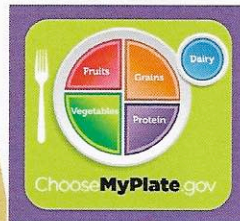


# MyPlate Grocery Store Treasure Hunt

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Take this sheet with you to the supermarket and have your child look for foods in each food group. This can make a boring trip to the store be a fun and memorable treasure hunt.



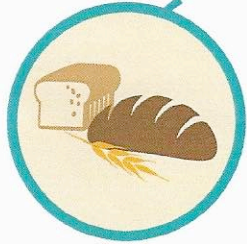
Fuel up with fruit.

## Fruits

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

\_\_\_\_\_

Check the box and name the fruit.



## Grains

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: **brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.**

\_\_\_\_\_

Check the box and name the cereal.

Make at least half of your grains whole grains.

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

\_\_\_\_\_

Check the box and name the bread.



## Dairy

Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

Get your calcium-rich foods.

\_\_\_\_\_

Check the box and name the dairy food.

## Vegetables

Look for a dark green and a red or orange vegetable.

\_\_\_\_\_

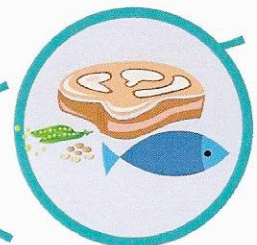
Check the box and name the red or orange vegetable.



Color your plate with great tasting veggies.

\_\_\_\_\_

Check the box and name the dark green vegetable.



Vary your proteins.

## Meats and Beans

Try fish, shellfish, beans and peas more often. Find a bag of dry beans.

\_\_\_\_\_

Check the box and name the beans.