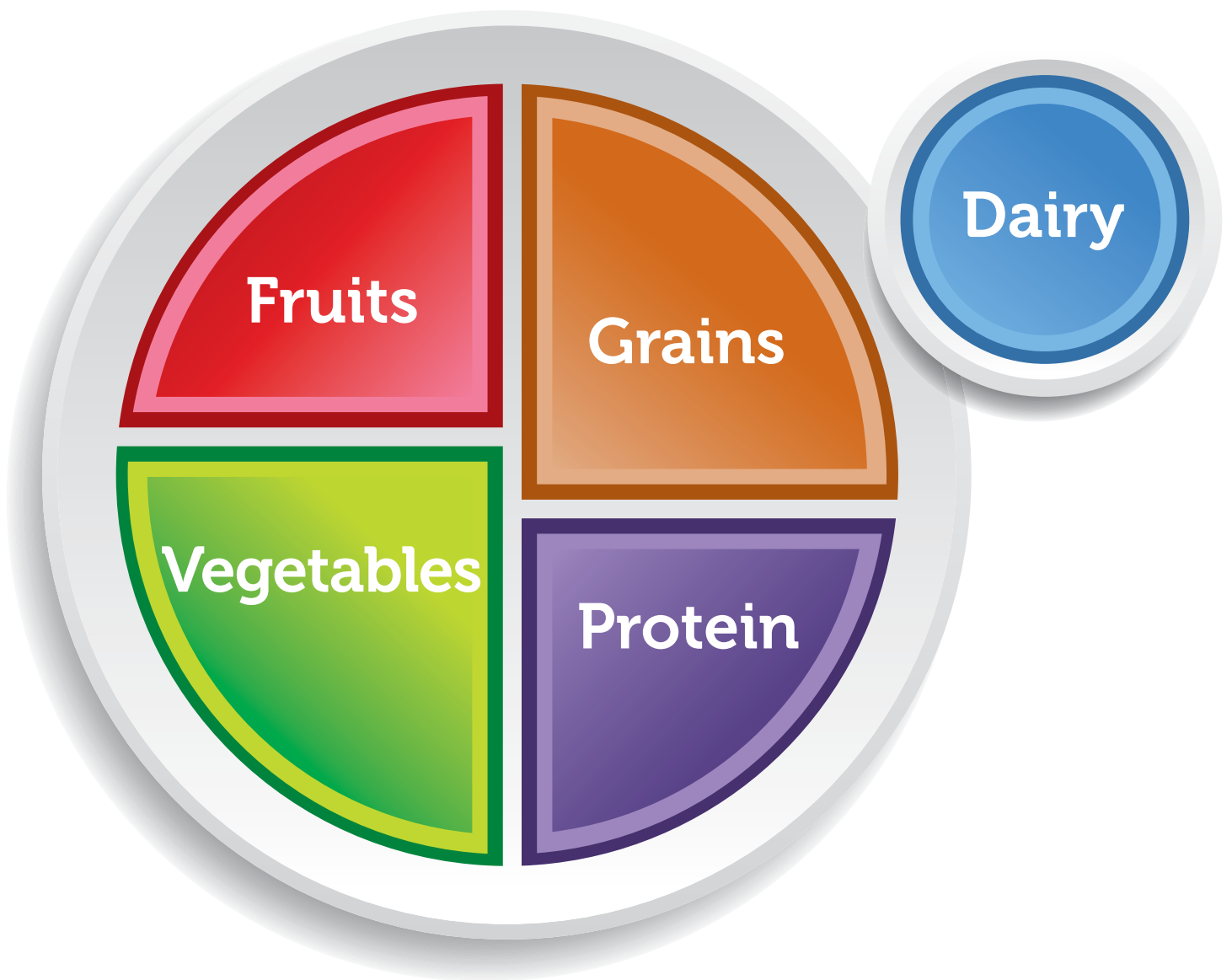


Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Middle School Health

### Create a Meal

**Directions:** Using the attached food cards and MyPlate model, design a healthy meal. Your choices should be foods that are high in nutrients and low in empty calories. The meal should include at least one food choice from each food group. The food choice should be listed on the appropriate section of the MyPlate worksheet.



**Food  
Cards**

