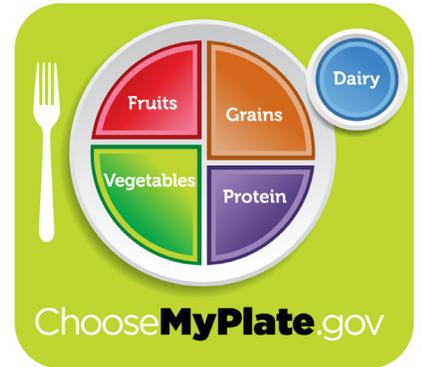


Name _____

MyPlate Riddles

1. Answer the food riddles by writing the riddle number to the correct foods on the next page.
2. Cross out the red-light foods with an "X."
3. Last, create your own green-light food meal by drawing a circle around the foods you choose to be on your MyPlate meal.



Vegetables

1. I grow in the ground. I am crunchy and orange.
2. I am a bell that cannot ring. I can be yellow, orange, red, or green.
3. I am a very small, round, green food that is sometimes found in a pod.

Fruits

4. I grow in bunches and have a thick peel.
5. I can be red, purple, or green and grow on a vine. I can be dried and turned into a raisin.
6. I am shaped like a pear with a rough brown outside, soft green inside, and a large pit in the middle.

Protein

7. I can live on a farm and I lay eggs.
8. I am made from peanuts and I taste great on bread or crackers.

9. I am made of meat and served between two buns. You can top me with ketchup and mustard.

Grains

10. You can stack me high with meat and cheese, dip in your favorite dips, or eat me plain.
11. I am the main ingredient in spaghetti.
12. I am made from a potato and taste great dipped in ketchup.

Dairy

13. I am made from milk. I can be yellow or white. You may find me on pizza, tacos, and hamburgers.
14. I am white, you can drink me, and I am full of vitamin D.
15. I am a cold treat that comes in several flavors and you can top me with sprinkles.

MyPlate Riddles

