

PUT POWER ON YOUR PLATE



LEARN TO EMPOWER YOUR BODY! BALANCE YOUR MEALS USING THE FIVE FOOD GROUPS AS A GUIDELINE — AND BE SURE THAT HALF YOUR PLATE IS FILLED WITH FRUITS AND VEGETABLES!

JUST LIKE THE POWER RANGERS, FRUITS AND VEGGIES COME IN DIFFERENT COLORS. EACH COLOR HAS SPECIAL NUTRITIONAL POWER, SO TRY TO EAT EVERY COLOR EVERY DAY. HERE'S HOW!

PART 1 Use this chart to write three examples for each of the five fruit and vegetable color groups.

Color Groups	Fruit or Vegetable	Fruit or Vegetable	Fruit or Vegetable
Red - for heart health			
Green - for good digestion			
Blue/Purple - for good memory			
Yellow/Orange - for vision and healthy skin			
White - for heart health			

PART 2 Now use this space to plan three meals that emPOWER your body. Plan each meal around the five food groups and include as many different-colored fruits and veggies as you can. Then share your menu ideas with your classmates.

MyPlate is designed to remind us to eat healthfully. Visit www.choosemyplate.gov to learn more about how to plan healthy meals.

	Breakfast	Lunch	Dinner
Fruit	_____	_____	_____
Vegetable	_____	_____	_____
Grain	_____	_____	_____
Protein	_____	_____	_____
Dairy	_____	_____	_____



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<http://empower.powerrangers.com>

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Parents emPOWER Too!

Dear Parents and Guardians,

The Power Rangers are helping your child learn about healthy eating habits. You can reinforce this lesson by visiting <http://empower.powerrangers.com>, where you can find lots of fun recipes that combine fruits and vegetables of different colors. Have your child bring in his or her favorite color-fueled recipe to share in class!

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