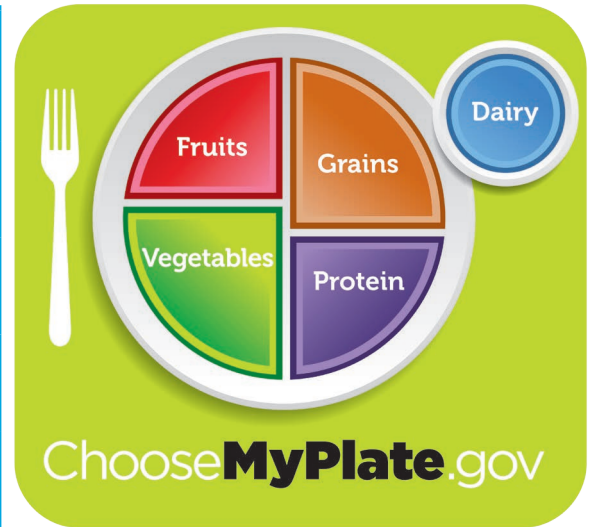


# Getting to Know Your Food

Today you learned about the importance of eating healthy. One way to do that is to eat local foods that provide a balanced meal consisting of dairy, protein, fruit, vegetables, and whole grains, as shown on the MyPlate graphic below.

**Are you eating local foods at school?** Think back to your most recent school meal, whether it was breakfast or lunch. Write down what you ate in the chart below. Then use the MyPlate graphic to identify which food group each part of your meal belongs to.

What I Ate at School for _____	Food Group(s)	Local Food



**Now,** check off the foods on your list that could have come from a local farm. For the other foods, write in a local food option from the same food group.

**Next, look at your school's lunch menu.** Write down foods listed on the menu that could have come from local farms on the lines below. What other local foods could you add? Write those foods on the spaces below as well.

Local foods on the school lunch menu:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Local foods that could be added to the menu:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Local milk is available 365 days a year.



AMERICAN DAIRY ASSOCIATION NORTH EAST



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