MyPlate Grocery Store Treasure Hunt

GRAINS

- Try a day of dry beans. Try either dried beans, lentils, and peas more often.
- Check the box and name the beans.
- Find a day of dry beans. Try either dried beans, lentils, and peas more often.
- Check the box and name the beans.
- Whole grains have fiber, vitamins, and minerals.
- Look for a dark grain and a red or orange vegetable.
- Check the box and name the orange vegetable.
- Check the box and name the dark green vegetable.
- Add variety to your plate.
- Start every day the whole-grain way.
- 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.

VEGETABLES

- Look for a dark green and a red or orange vegetable.
- Check the box and name the dark green vegetable.
- Check the box and name the red or orange vegetable.
- Color your plate with vegetables.
- Great tasting veggies.
- Make your plate look colorful.
- Families and Friends: Take this sheet along with you the next time you go to the supermarket and have your child help you check foods in each food group.

DAIRY

- Dairy foods contain calcium for strong bones and teeth.
- Check the box and name the dairy food.
- Make your dairy foods low-fat or fat-free.
- Get your calcium-rich foods.
- Milk, yogurt, cheese, and other dairy foods.
- Check the box and name the dairy food.

FRUITS

- Find a fruit. If you choose a fruit juice, make sure it is 100% juice.
- Check the box and name the fruit.
- Fuel up with fruit.
- Fresh fruit is the best choice.
- Whole fruit or fruit juice.
- Check the box and name the fruit.

Protein

- Meat, beans, and legumes.
- Check the box and name the meat or beans.
- Vary your proteins.
- Fish, shellfish, beans, and peas more often.
- Check the box and name the beans.

Families and Friends:

Make this a fun treasure hunt and a memorable activity for your child.


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