



Make Your Plate Match This Plate!



Eat Good Food!
Your brain, eyes, heart,
and skin will thank you!

Drink Water!



Water helps keep
your brain focused
and energized.

**Play Your Way...
Every Day!**

Just 1 hour of active play
every day helps your body
build muscles, learn better,
and sleep better.



**So Much You Can Do...
To Take Care of YOU!**



**Wash Your
Hands**



**Brush Your
Teeth**



Get Rest



**Move Your
Body**



**Eat Good
Food**

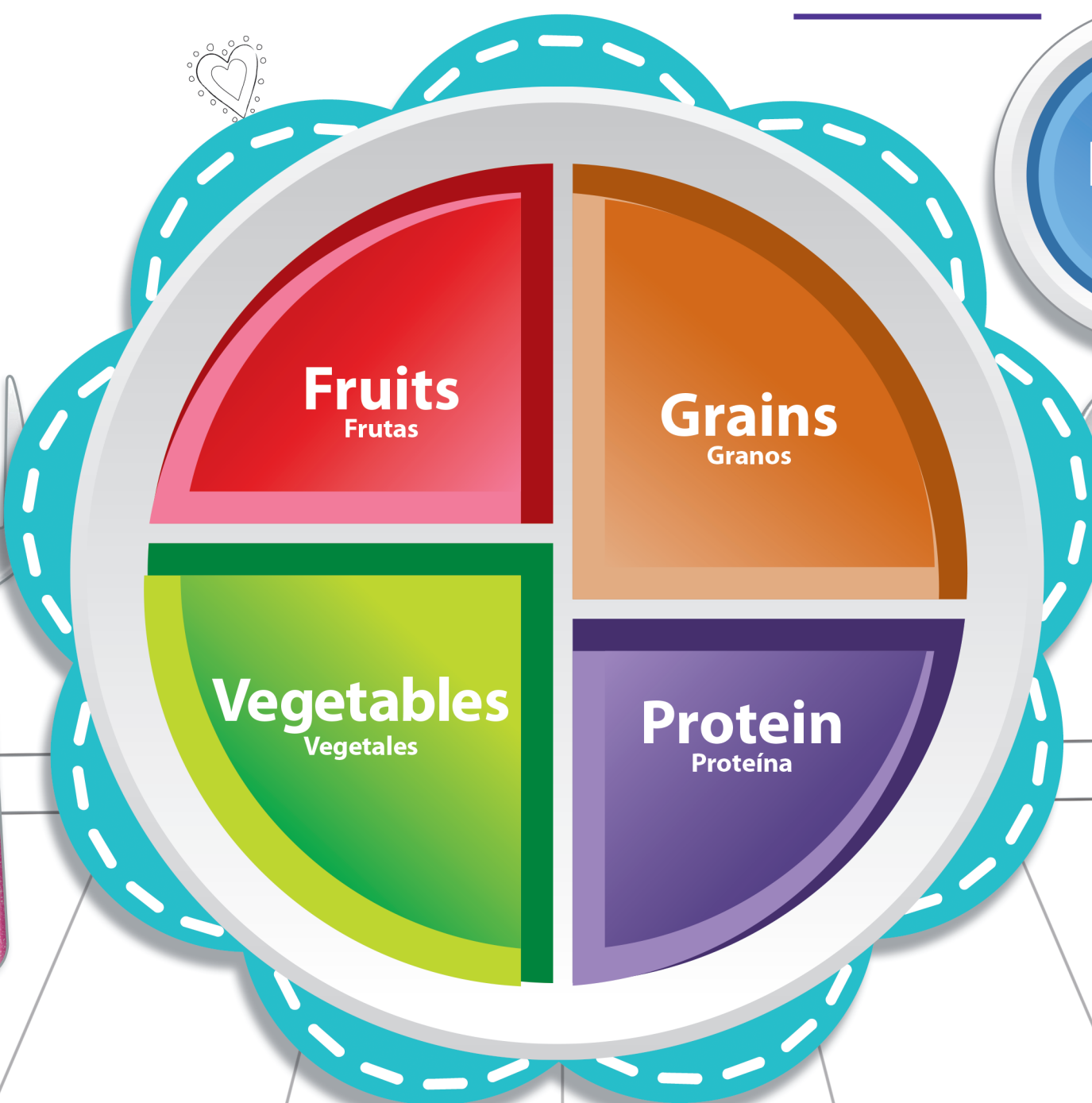


Drink Water



So Much You Can Do... To Take Care of YOU!

_____ name



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ChooseMyPlate.gov