

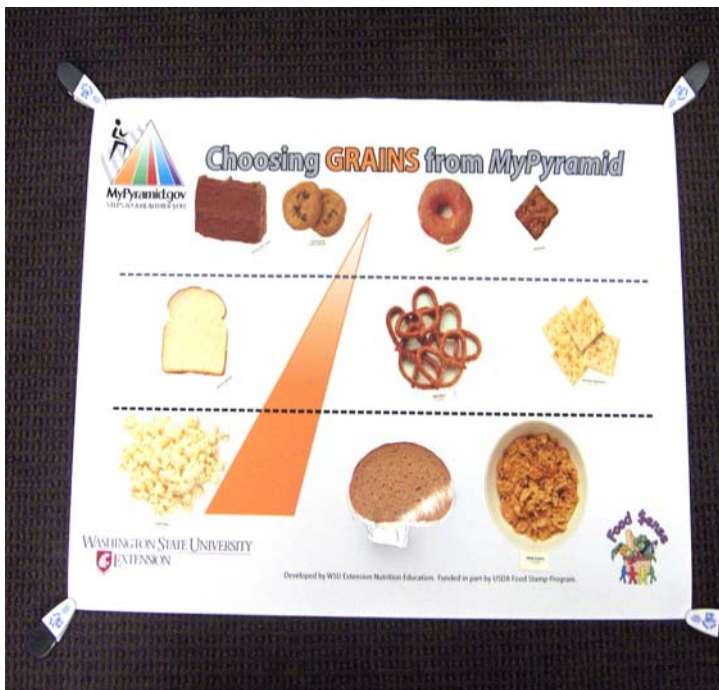
Jr. Chef Club Healthy Lifestyles with MyPyramid Lesson 1

MyPyramid Poster:



Example Gradient Posters:

Grains



Vegetable Group



Fruit Group

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Choosing **FRUITS** from MyPyramid

The poster features a central red pyramid divided into three horizontal sections by dashed lines. The top section contains a pizza and a bag of chips. The middle section contains a bowl of mixed fruit, a bunch of grapes, and a glass of orange juice. The bottom section contains a slice of watermelon, a whole orange, and a plate of bananas. The text 'FRUITS' is written in large, bold, red letters across the top of the pyramid.

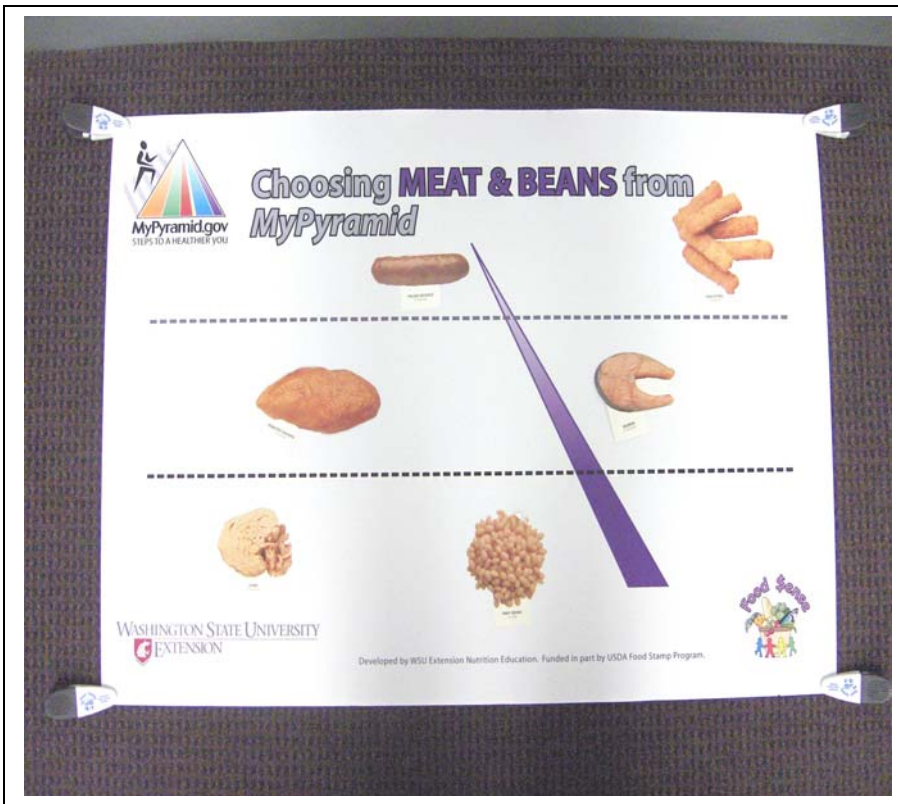
WASHINGTON STATE UNIVERSITY
EXTENSION

Developed by WSU Extension Nutrition Education. Funded in part by USDA Food Stamp Program.

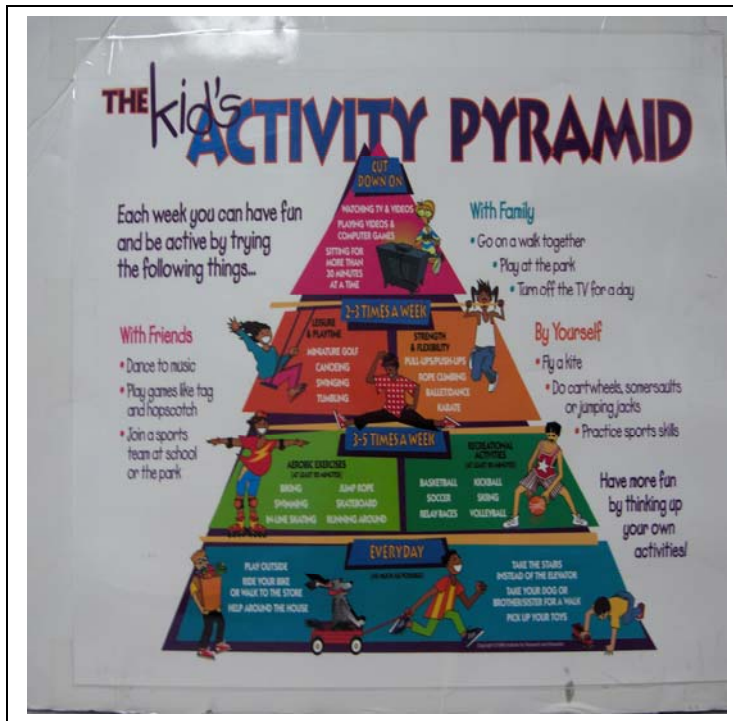
Food Sense

Milk Group





Example of Kid's Activity Poster, or use the Move It! Poster included electronically



Example Picture of a Boy:

