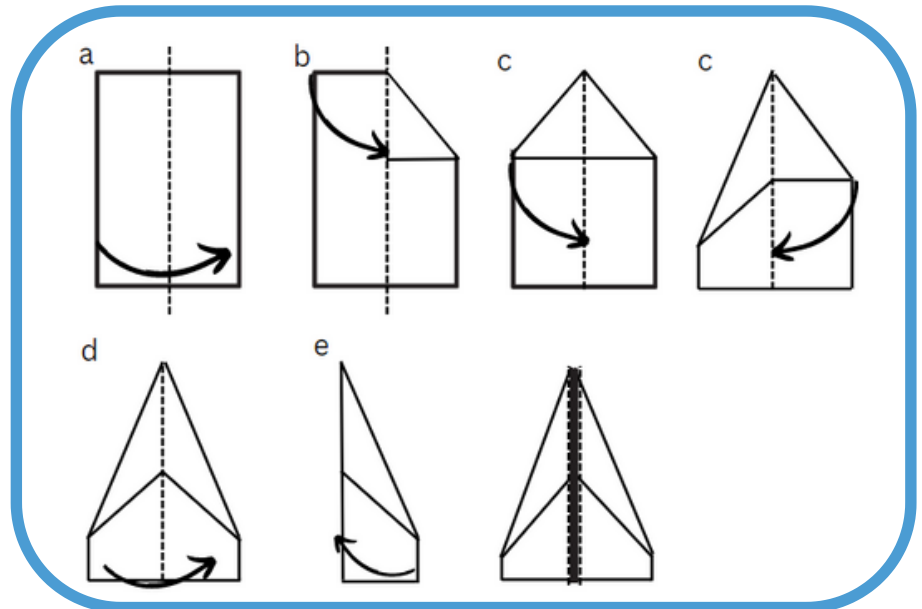


MyPlate Plane

Materials

- 1 sheet of paper
- Markers, crayons, stickers, etc.
- Optional - MyPlate poster, for food group reference



Instructions

1. Decorate your sheet of paper with your favorite foods from each MyPlate food group.
2. Once decorated, assemble your MyPlate Plane. Flip your paper so the blank side is facing up. First, fold your sheet of paper in half length-wise.^a
3. Unfold the paper, then fold the top corners into the center line.^b
4. Fold the top left edges of the previous fold into the center.^c
5. Fold the plane in half.^d
6. Fold the wings down to meet the bottom edges of the plane.^e
You're ready to fly!

Share pictures of your completed craft with @Ray4NCKids and the tag #SummerMeals4NCKids on social media