

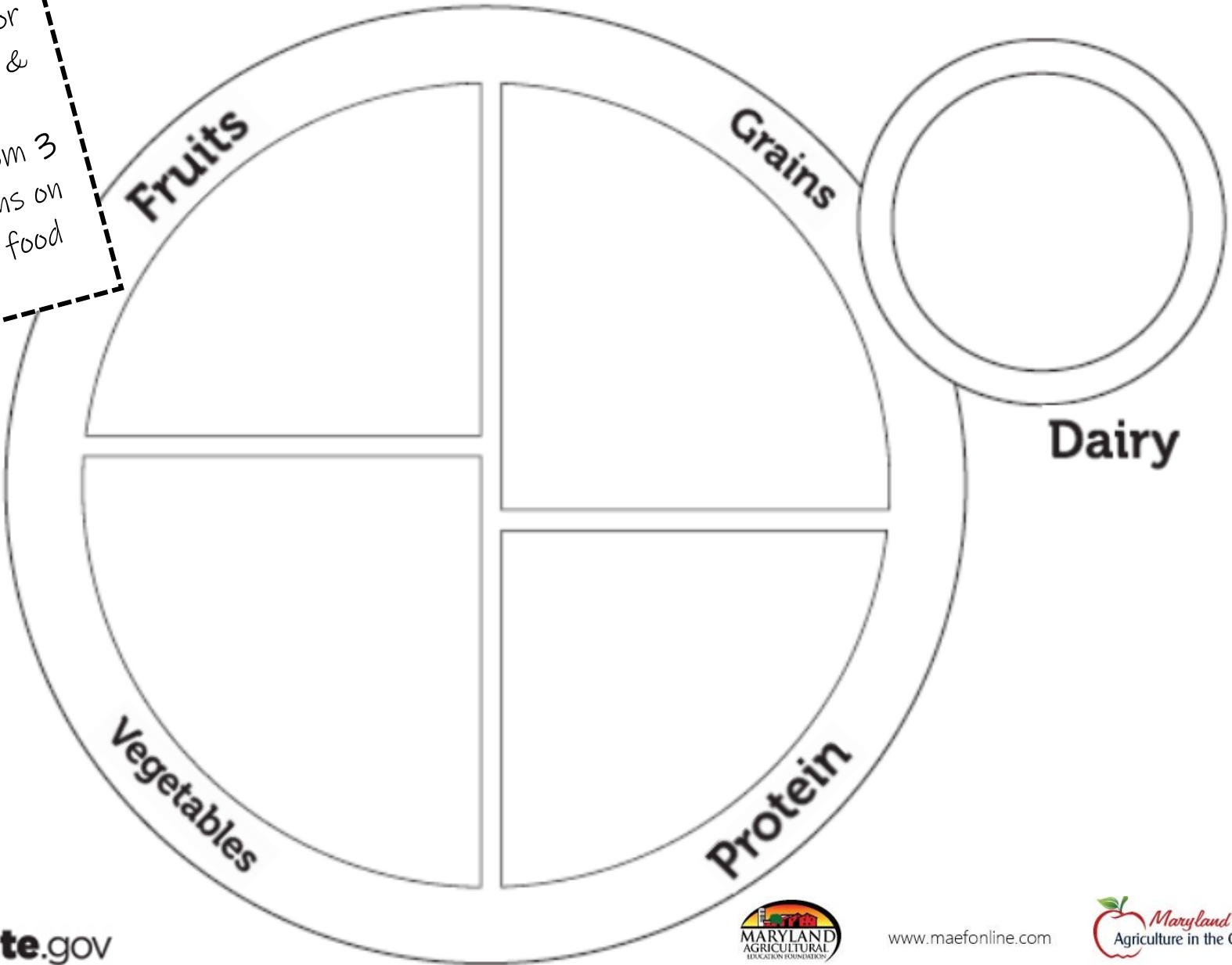
Name \_\_\_\_\_

Date \_\_\_\_\_

## PB&J Hooray! by Janet Nolan – A Healthy Plate

**Directions:** Draw the ingredients for a peanut butter (or nut/seed butter) & jelly sandwich in the correct places on the plate. Then, read the directions on the next page to finish your healthy plate!

A peanut butter (or nut/seed butter) & jelly sandwich contains food from 3 of the 5 sections on the My Plate food guide.






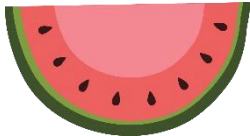

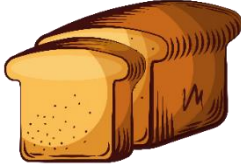

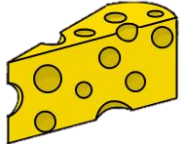

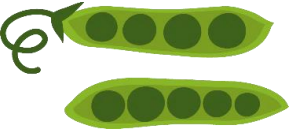
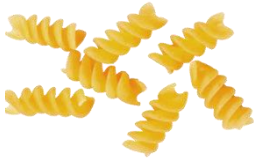
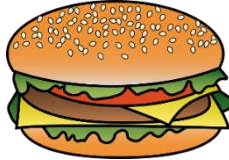



# PB&J Hooray! by Janet Nolan – A Healthy Plate



Below are pictures of some of the many foods grown or started RIGHT HERE in Maryland by local farmers!

**Directions:** Cut along the lines below & glue or place the pictures to complete your healthy plate!

Fruits	Vegetables	Grains	Protein	Dairy
 <b>Peaches</b>	 <b>Corn</b>	 <b>Oatmeal</b>	 <b>Chicken</b>	 <b>Milk</b>
 <b>Watermelon</b>	 <b>Carrots</b>	 <b>Bread (wheat)</b>	 <b>Eggs</b>	 <b>Cheese</b>
 <b>Apples</b>	 <b>Peas</b>	 <b>Pasta (wheat)</b>	 <b>Hamburger</b>	 <b>Yogurt</b>

