

**How can you get
2 ½ cups of
vegetables each
day?**

Put Some Color In It

Lesson In a Box

Activity 2: Activity Sign

**¿Cómo puede
usted obtener
2 ½ tazas de
verduras cada
día?**

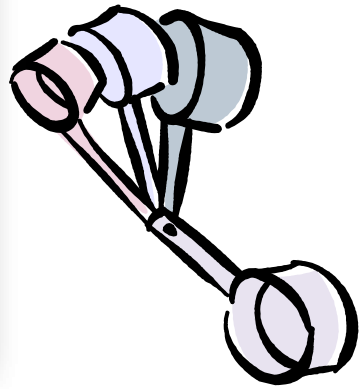
Put Some Color In It

Lesson In a Box

Activity 2: Activity Sign

Spanish

2021



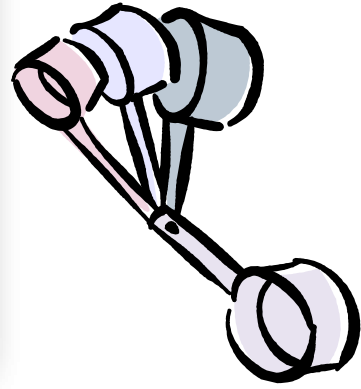
CUPS

Activity 2:

2 ½ cups sign

Microsoft 2007 Clip Art

2132



TAZAS

Activity 2:

2 ½ cups sign

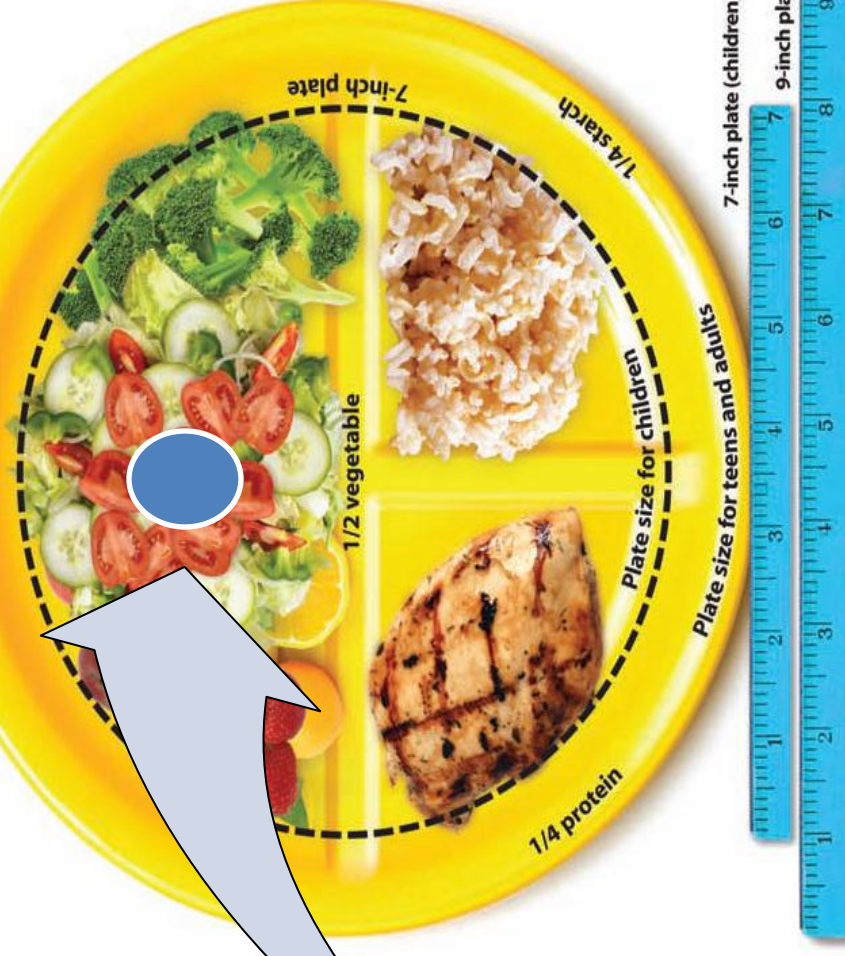
SPANISH

Microsoft 2007 Clip Art

VEGETABLES THROUGHOUT THE DAY!

My Plate Planner

A Healthy Meal Tastes Great



**Fill half your
plate with
vegetables.**



½ cup of vegetables



1 cup of lettuce* and
1/2 cup of other vegetables



1/2 large sweet potato and
1/2 cup of green beans

M O R N I N G

M I D - D A Y

E V E N I N G

*1 cup of lettuce counts as 1/2 cup of vegetables

Activity 2

My Plate Planner Poster

(Print 11" x 17")

Spanish

Created using images from the following sources:

My Plate Planner from What's a healthy portion size? Flip chart. NYC Department of Health/Take Care New York. [Online image]. (n.d.). Retrieved on November 19, 2009 from <http://www.nyc.gov/html/doh/html/csi/csi-obesity-in-children.shtml>

Vegetable Omelet. [Online image]. (n.d.). Retrieved on May 17, 2010 from <http://www.webmd.com/diet/slideshow-vegetarian-diet>

Fruits & Veggies Matter: What Counts as a Cup?/CDC [Online image]. (n.d.). Retrieved on November 19, 2009 from <http://www.fruitsandveggiesmatter.gov/what/index.html>

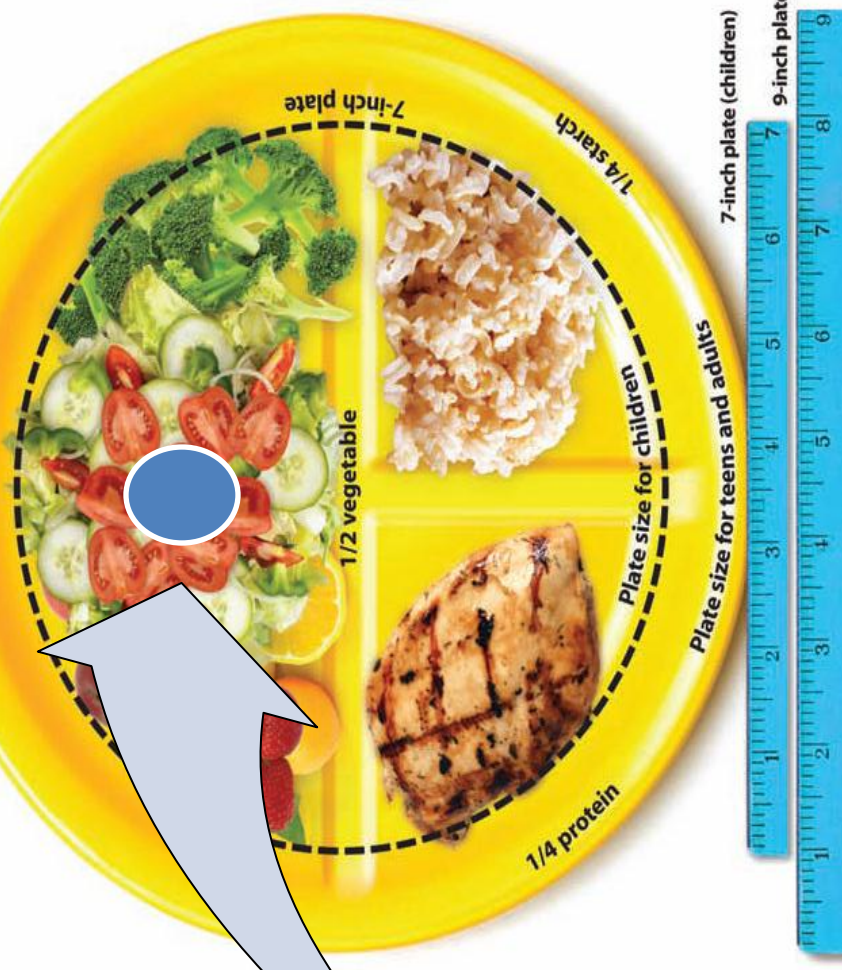
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¡VERDURAS DURANTE

EL DÍA!

My Plate Planner

A Healthy Meal Tastes Great



½ taza de verduras



1 taza de lechuga* y

½ taza de otras verduras



½ batata o camote grande y

½ taza de ejotes o judías verdes

*1 taza de lechuga equivale a ½ taza de verduras

M A Ñ A N A

M E D I O D Í A Y

T A R D E

Llene la mitad de su plato con verduras.

Activity 2

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*Place 2-3
vegetable food
models here*

Activity 2

Divided Plate **(Print 11" x 17")**

Created using images from the following sources:

Plate image retrieved from Microsoft Office 2007 Clip Art

**TRY TO MAKE HALF
YOUR PLATE
VEGETABLES**



Activity 2

To be used with Divided Plate image

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**TRATE DE LLENAR
LA MITAD DE SU
PLATO CON
VERDURAS**



Activity 2

Spanish

To be used with Divided Plate image

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