MyPlate Activity

Explore the ChooseMyPlate website. The link is provided for you in the Explore section of Lesson 5 within the Management track Healthy Environments course.
Then complete the questions below:

1. What resources did you find the most helpful?

2. What resources could you share with meal preparation staff?

3. What resources could you share with teaching staff?

4. What resources could you share with families?

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