Sack Supper Comparison

**Directions:** We have been learning about My Plate and the Federal food guidelines. Write under the My Plate Standards the foods from the Sack Supper that meet each guideline. (Example: if soda pop was included in the sack supper, where would you put it on My Plate?)

**Sack Supper Contents:**

- Small Bag of Carrots
- Two slices of bread
- 2 slices of lunch meat
- 1 slice of cheese
- granola bar
- 100% fruit juice
- small apple

**My Plate Standards:**

2 servings of vegetables ____________________________

1 serving of fruit ______________________________

2 servings of grains ______________________________

1 serving of dairy ______________________________

1 serving of protein ______________________________

**Final Reflection:** Does Kids’ Food Basket Provide a healthy, well-balanced meal? How do you know? What (if anything) is missing from the Sack Supper that would help meet all of the guidelines for My Plate?