**My Plate Art Project**

**What you will need:**

You can print out the outline of the plate below or use construction paper or a paper plate to create your own

Pictures of food. You can cut them out of newspapers or magazines or have your child draw them.

Glue

**What to do:**

Talk about heathy foods for your child to eat.

Find pictures of healthy foods to add to the plate and glue them on the corresponding sections of the plate.



