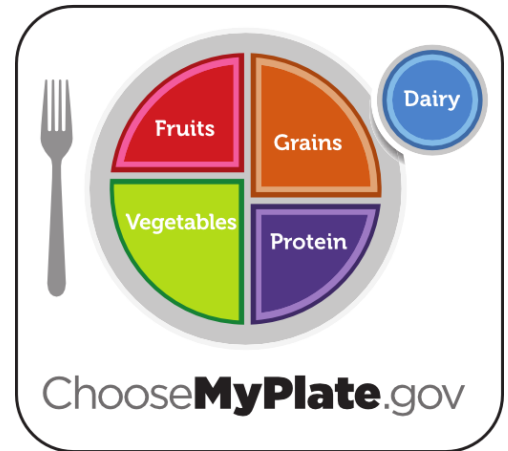


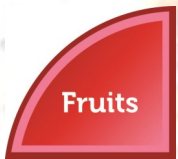


Build a Pizza the MyPlate way!

Your body needs lots of different foods to stay strong and healthy. MyPlate can help you pick yummy fruits, vegetables, grains, proteins, and dairy foods that give you the fuel you need at every meal!



Solve these riddles to see how pizza ingredients can fit into MyPlate



Many people think this red, juicy food in their pizza sauce is a vegetable, but it is actually a fruit! T M T



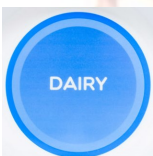
There are lots of vegetables that can go on pizza, but this one is a sweet favorite that can be red, orange, yellow, or green. P P P



This is the soft bread base that you build the rest of your pizza on. C U

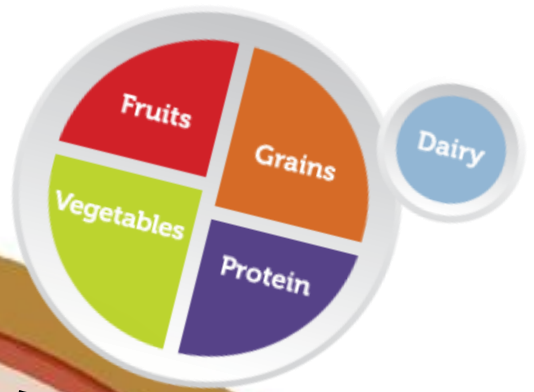


This meat is yummy on a pizza with BBQ sauce, and it comes from a bird that lays eggs. C C K



Sprinkle this dairy food on your pizza, and it will melt into gooey goodness in the oven! E E E

Try a whole wheat pizza crust, or build your pizza on a whole wheat English muffin, tortilla, or bagel!



MyPlate

Build Your Own Pizza

GRAINS

- Pizza Crust
- English Muffin
- Cauliflower Crust
- Tortilla
- Bagel
- Pita

Sauce + Spices

- Tomato Sauce
- Pesto
- Hummus
- BBQ Sauce
- Salt & Pepper
- Rosemary
- Oregano
- Parsley
- Garlic
- Chives
- Basil
- Thyme

PROTEIN

DAIRY

- Chicken
- Ham
- Turkey
- Ground Beef
- Steak
- Shrimp
- Turkey Pepperoni
- Eggs
- Sausage
- Beans
- Mozzarella
- Cheddar
- Goat Cheese
- Monterey Jack
- Parmesan

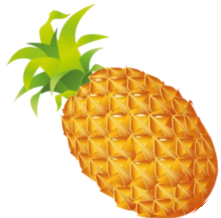
FRUITS

VEGGIES

- Tomatoes
- Spinach
- Olives
- Mushrooms
- Pineapple
- Artichoke Hearts
- Broccoli
- Kale
- Eggplant
- Avocado
- Cauliflower
- Peppers



Can you find the fruits on this list? What other fruits could you add to your pizza or eat on the side?



You can never have too many vegetables on your pizza! What are your favorite veggie toppings?

Which animal does cheese come from? Hint: it moooooos!

