

## **MyPlate Mind Map-VEGETABLES**

Use the USDA website: [www.choosemyplate.gov](http://www.choosemyplate.gov)

List 5 subgroups:

- 1.
- 2.
- 3.
- 4.
- 5.

How many cups daily?

1 serving looks like...

Nutrients & Health Benefits:

Online Quiz Score