Building Healthy Plates Activity

**Instructions:** Use the United States Department of Agriculture (U.S.D.A.) Infant Meal Pattern Guide to fill in an appropriate lunch or supper meal for a 6- to 11-month-old infant. Be sure to pay close attention to the serving sizes and portions that are listed with OR or AND, indicating what is required and what is optional.
**Instructions**: Use the U.S.D.A. Child Meal Pattern Guide to fill in an appropriate breakfast for a 3- to 5-year-old child. Be sure to pay close attention to the serving sizes and options of food components and food items.