



United States Department of Agriculture

A MyPlate Meal

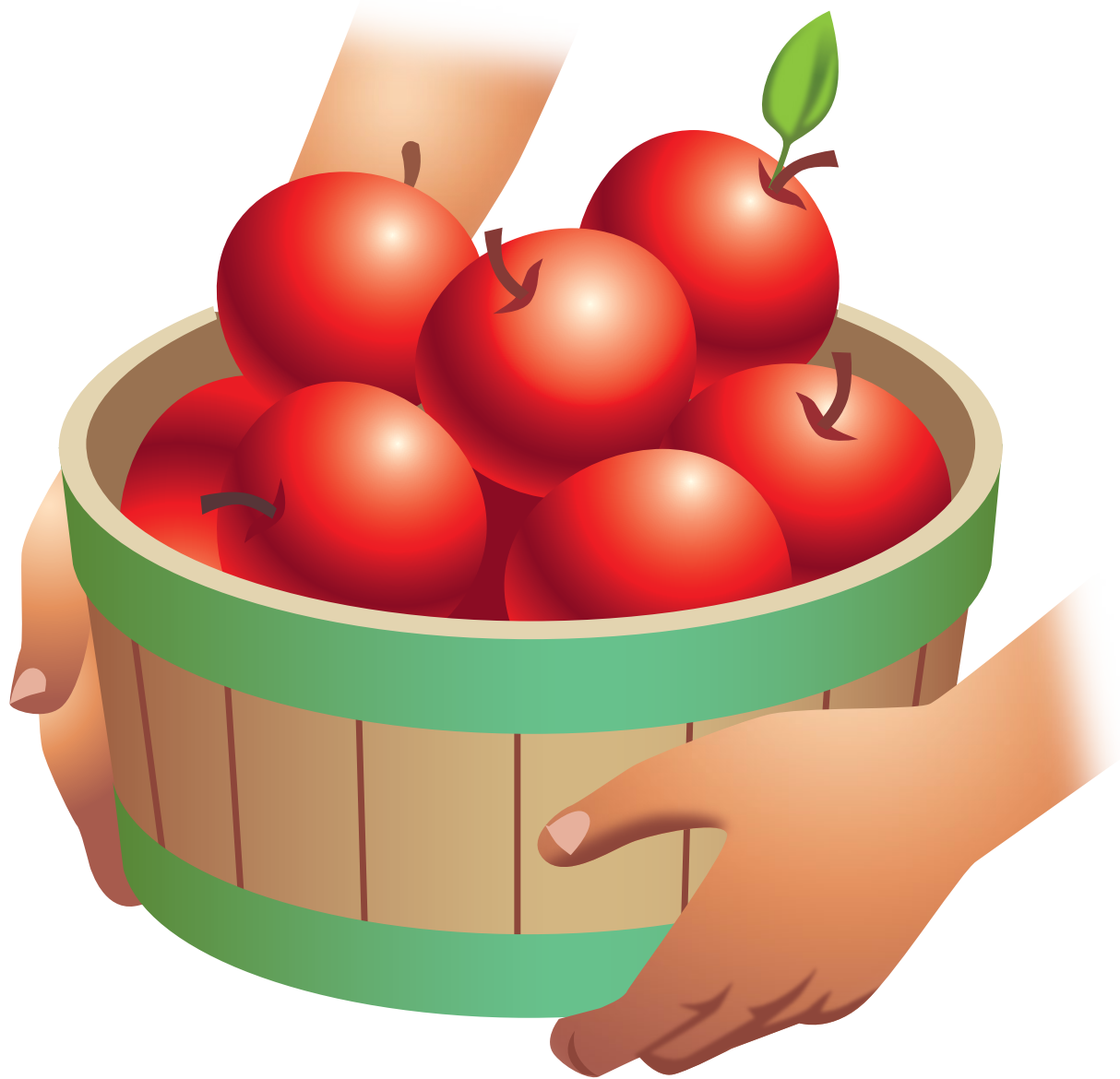
MyPlate
Kate



MyPlate
Nate

Sight words: I, she, he, we, has, have

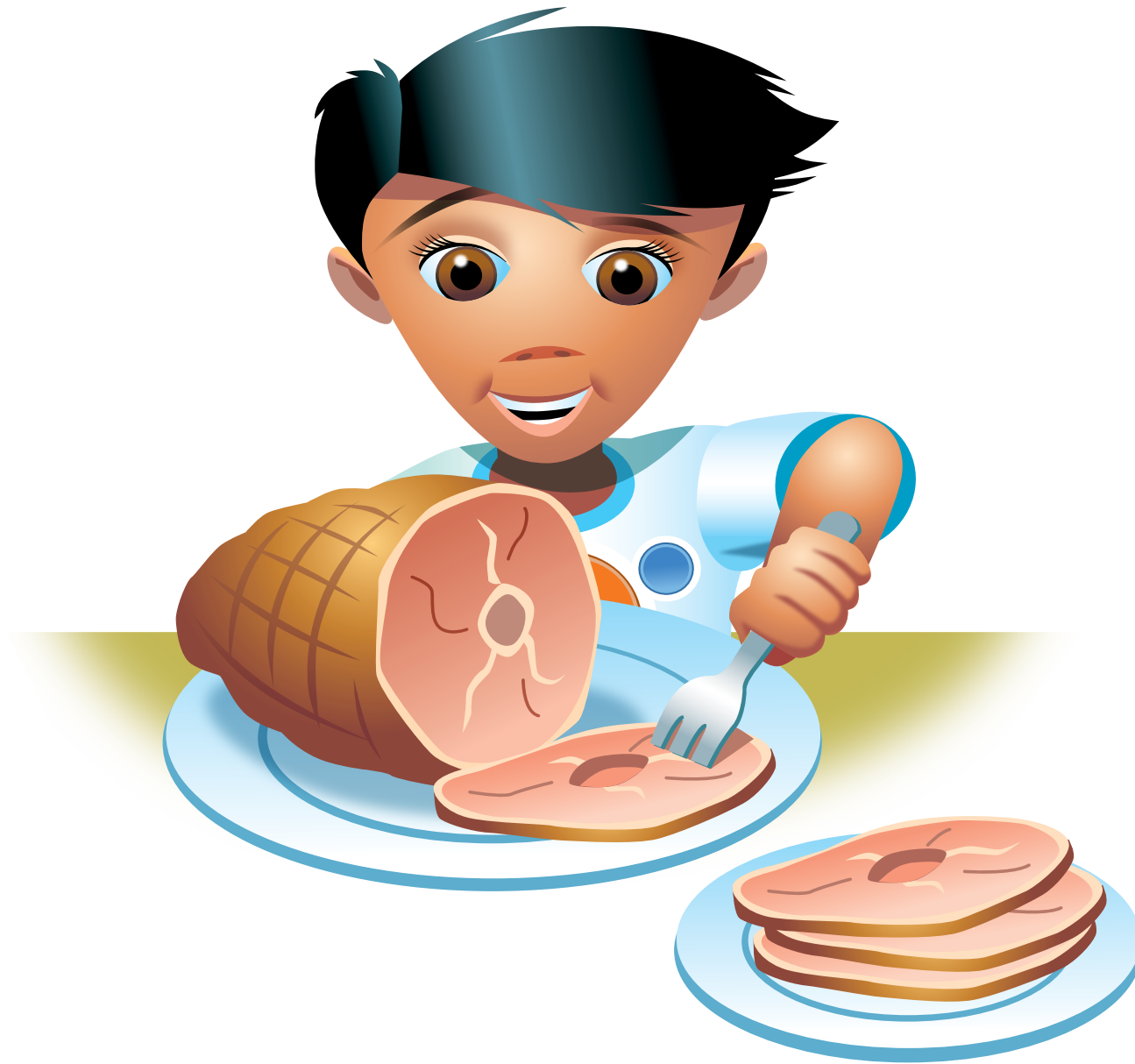
This book belongs to:



I have apples.



Nate has peas.



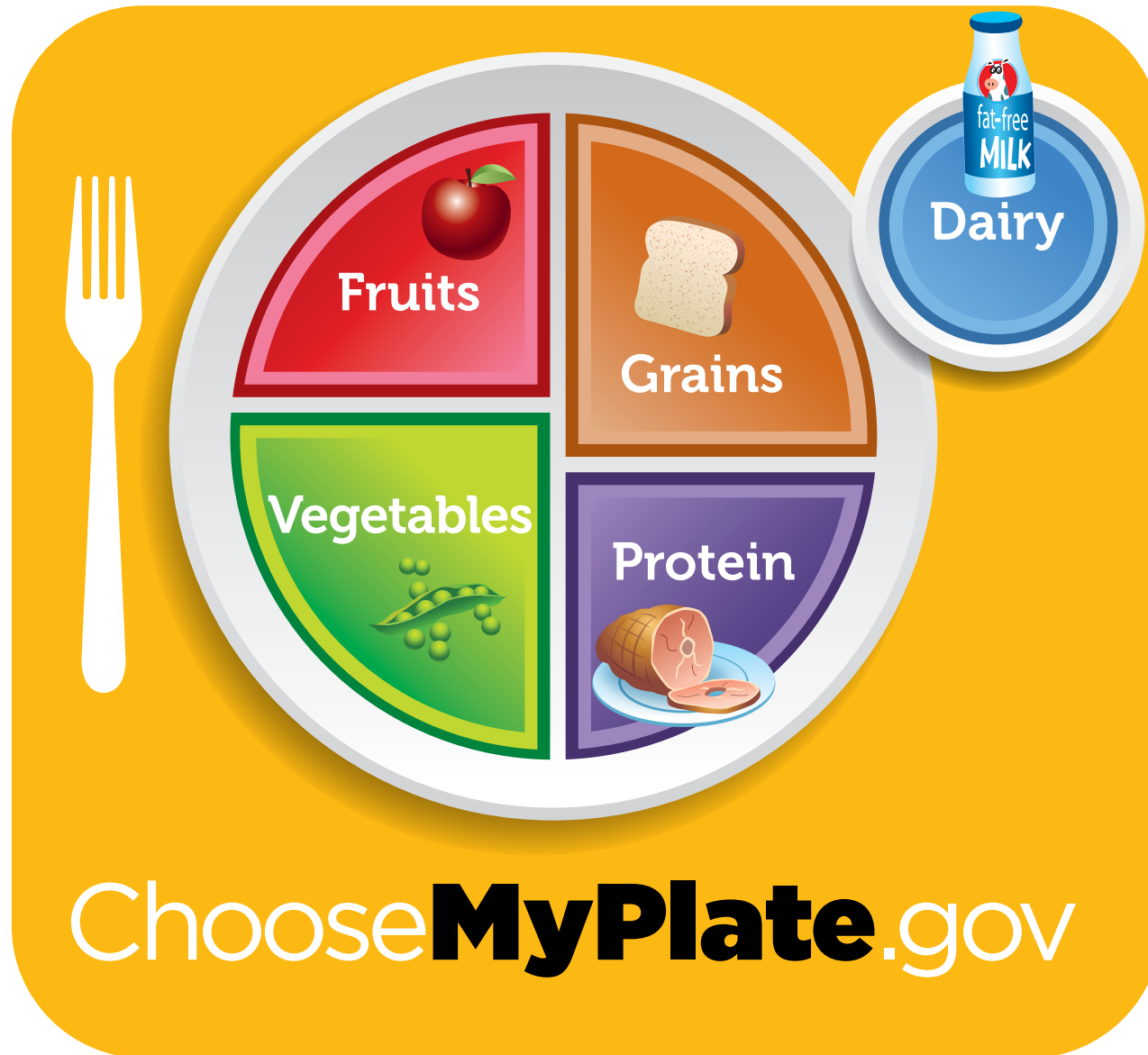
He has ham.



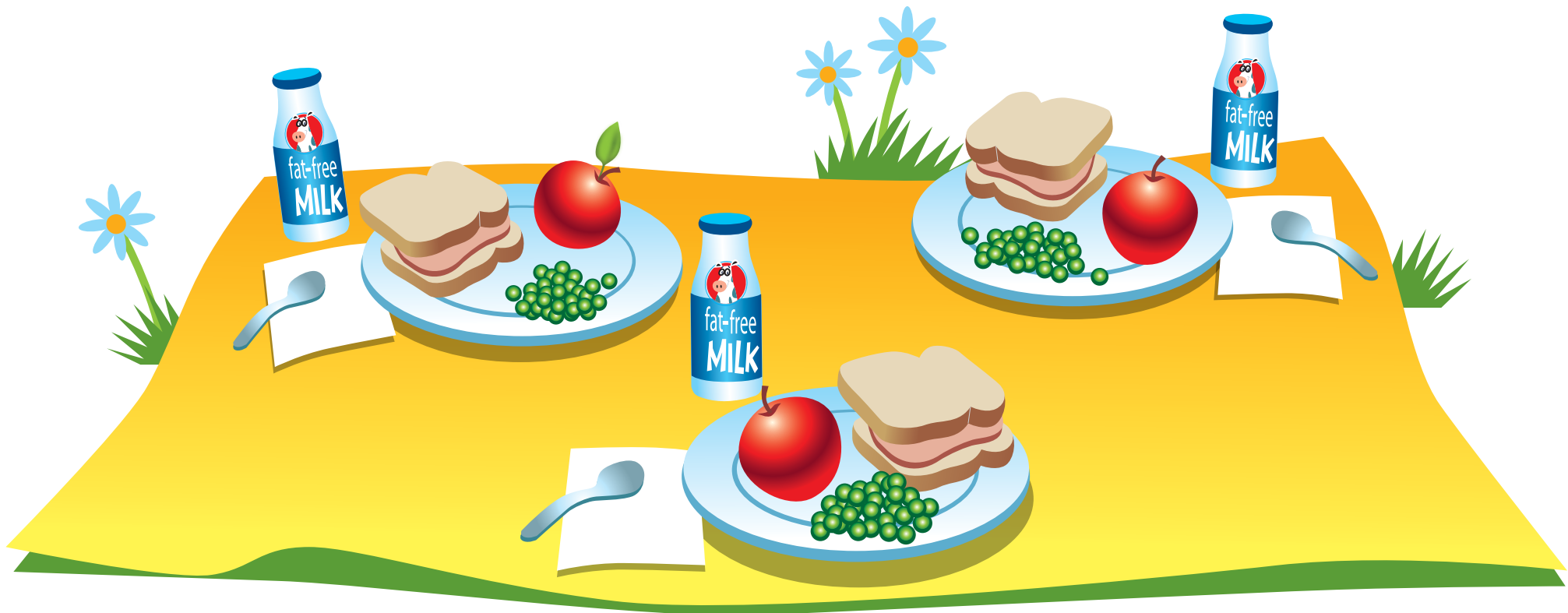
Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.

Activities

- Ask children to circle the sight word “have” as you read through the story. Using a different-color crayon, circle the sight word “has.”
- Ask children to use crayons to color the pictures.
- Ask children to think of another **MyPlate** meal they can eat at a picnic.
- Ask children to share how they like to have fun, be physically active, and play.