

# NUTRITION POSTER MAKING CHALLENGE

**We need your help to decorate our cafeteria!  
Select a theme below and grab your crayons!**

**Score Big with School Breakfast!** Create a poster featuring why breakfast is important to start the day. Paint a picture of your favorite breakfast.

**Build A Healthy Plate!** Create a poster featuring the five food groups from MyPlate - Grains, Protein, Vegetables, Fruit, and Dairy.

**Eat a Rainbow Everyday!** Create a poster featuring the colorful foods that make up the foods you eat.

**Return by mail: Food Service office or your school kitchen  
Return by email/scan: [squintanilla@cpsd.us](mailto:squintanilla@cpsd.us)**

Name:

School:

Room #:

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for a drawing or additional information.