

Choose My Plate

<https://www.choosemyplate.gov/students>

The screenshot shows a web browser window with the URL <https://www.choosemyplate.gov/students>. The page features a blue header with the USDA logo and the text "ChooseMyPlate.gov United States Department of Agriculture". Navigation links include "ABOUT US", "ASK THE EXPERT", "NEWS", "CONTACT US", "SITE MAP", "ADVANCED SEARCH", "HELP", and "SEARCH TIPS". A search bar is present with the text "Search ChooseMyPlate.gov". Below the header, there are menu items: "MYPLATE", "AUDIENCE", "HEALTHY EATING STYLE", "PHYSICAL ACTIVITY", "ONLINE TOOLS", and "POPULAR TOPICS". A "Choose MyPlate.gov" logo is also visible. The main content area has a background image of diverse hands stacked together, with the word "STUDENTS" overlaid. Below this, there is a breadcrumb trail "Home / Audience / Students" and "Print Share" options. A sidebar on the left lists "STUDENTS" with sub-links for "Teens" and "College". The main text area has a "Teens" section with a paragraph: "Young people experience many changes during their tween and teen years. Building healthy food and physical activity habits will help them now and as they enter adulthood. ChooseMyPlate.gov offers resources, tips, and ideas that can help teens take charge and learn to make their own choices." Below this is a "College" section.

USDA ChooseMyPlate.gov United States Department of Agriculture

ABOUT US | ASK THE EXPERT | NEWS | CONTACT US

Search ChooseMyPlate.gov Search

SITE MAP | ADVANCED SEARCH | HELP | SEARCH TIPS

MYPLATE AUDIENCE HEALTHY EATING STYLE PHYSICAL ACTIVITY ONLINE TOOLS POPULAR TOPICS

Choose MyPlate.gov

STUDENTS

Home / Audience / Students

Print Share

STUDENTS

- Teens
- College

Teens

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College