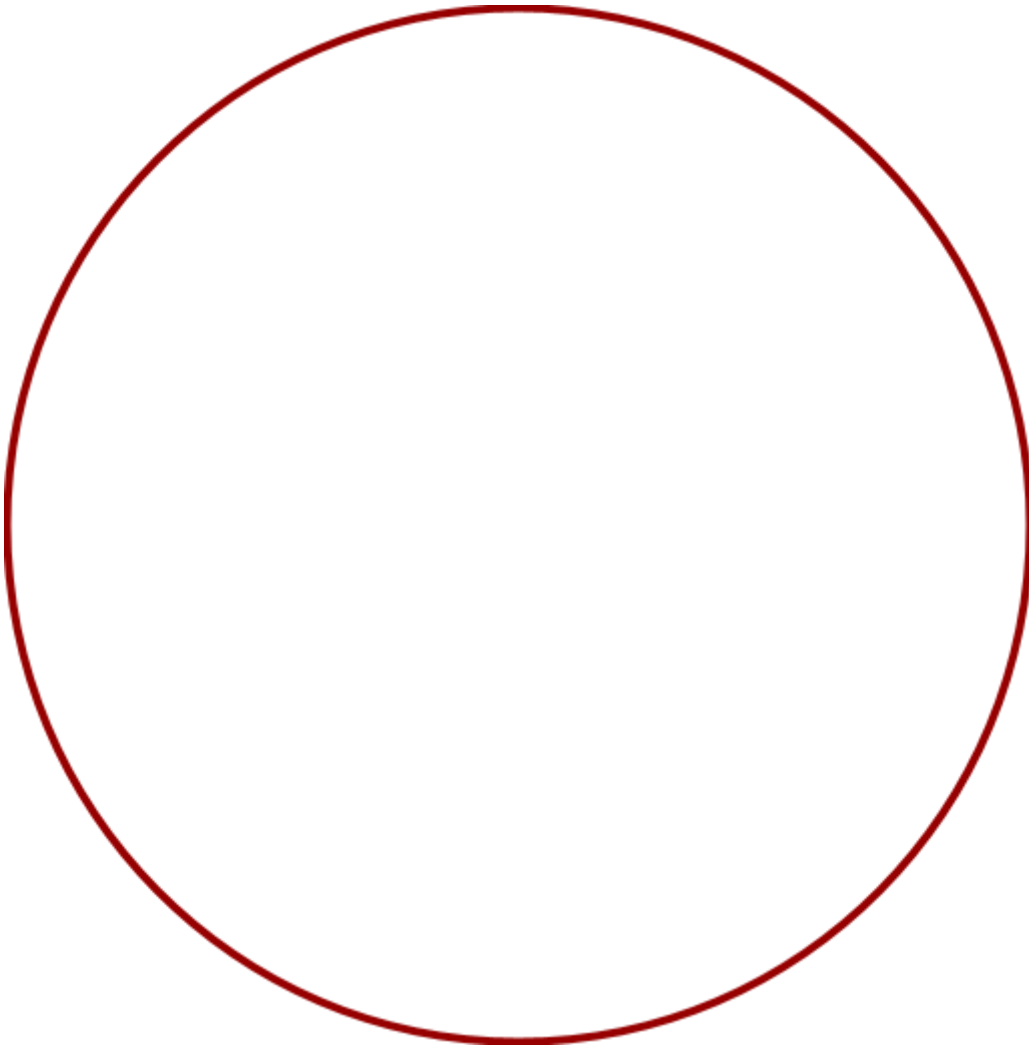# 5.1 My Performance Plate Activity

My Performance Plates

Before Activity Plate

Draw your "Before" plate below, dividing it according to the Perfect Plate guidelines
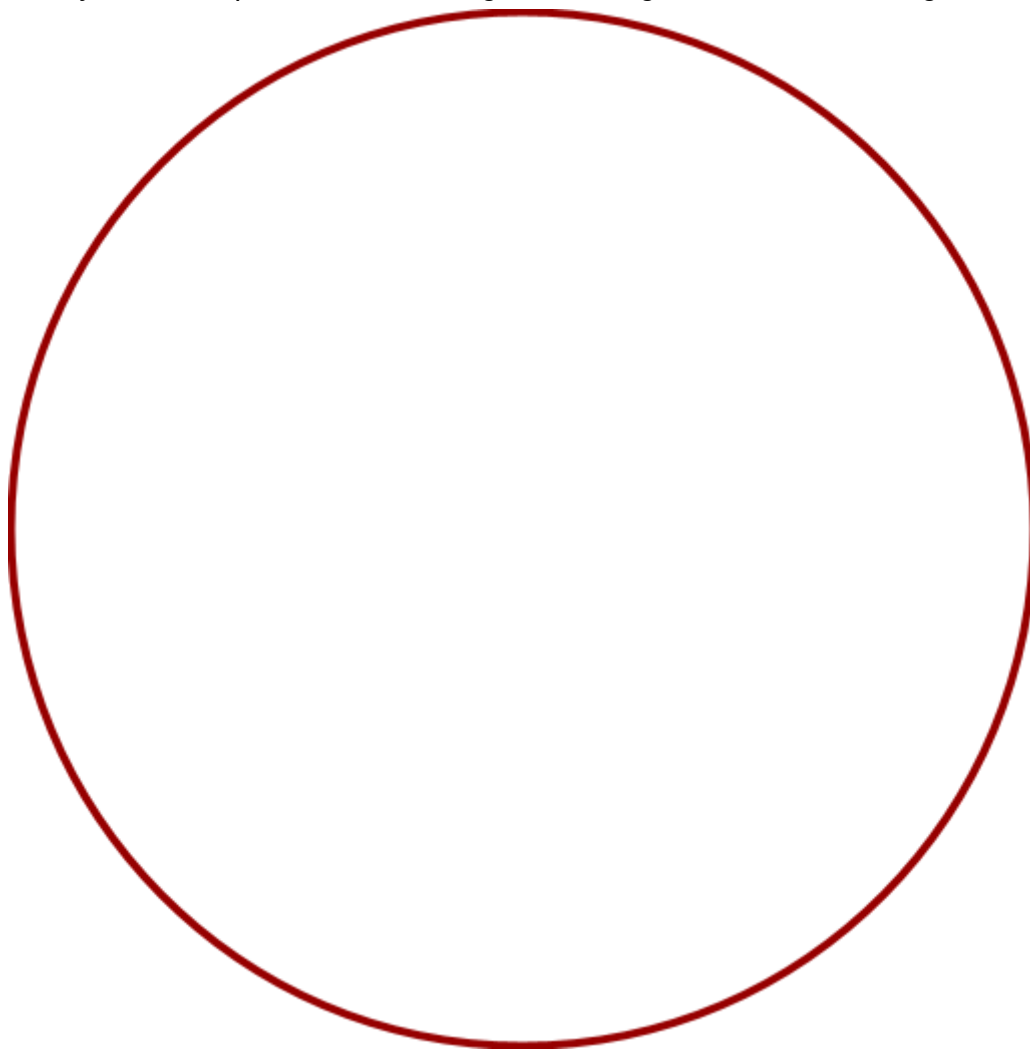
Foods I would eat before my favorite activity: _____

Why I chose these foods: _____

After Activity Plate

Draw your "After" plate below, dividing it according to the Perfect Plate guidelines

Foods I would eat after my favorite activity: _____

Why I chose these foods: _____