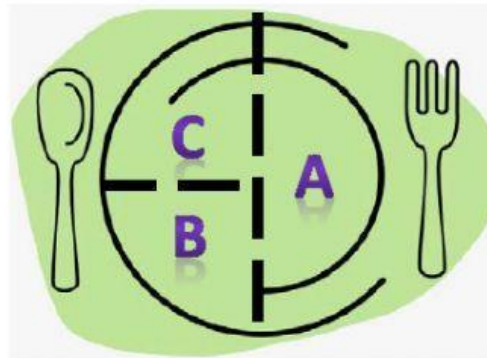


How to create a healthy plate/dish

VIDEO: https://www.youtube.com/watch?v=Gmh_xMMJ2Pw



Scan me!



- 1) Watch the video and match the information in the three boxes to explain the **Healthy Plate Method**.

Quantity	Nutrients	For example:
A) $\frac{1}{2}$ plate	1. whole grains or starches	1. potatoes, corn, peas or plantain
B) $\frac{1}{4}$ plate	2. starchy vegetables	2. tofu, grilled fish or chicken
C) $\frac{1}{4}$ plate	3. lean protein	3. zucchini, cucumbers, carrots
	4. non-starchy vegetables	4. rice, beans, corn, whole-wheat pasta

A) $\frac{1}{2}$ a plate should contain 2 and ____ for example: 1 and ____

B) $\frac{1}{4}$ plate should contain ____ for example: ____

C) $\frac{1}{4}$ plate should contain ____ for example: ____

2) A) Match the food with their names.

B) Write "YES" in the box next to the foods mentioned in the video.

pork
a slice of bread
potatoes
sugar
eggs
carrots
honey
corn
1 beef **yes**
garlic
rice
beans
flour

sweet potatoes
lime
lettuce
butter
cucumbers
carrots
plantain
peas
crackers
onion
chicken
eggplant



16



17



12

18



19



14



15



20



21



22



23



24



1



2



3



4



5



6



7



8



9

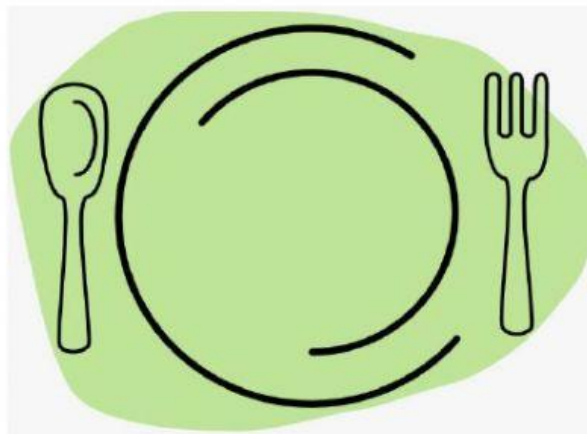


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11

3) Complete the plate with food you usually have for lunch or dinner.



4) Think and answer with full sentences:

a) Is your plate healthy? Why/Why not?

b) What nutrients do you include?

c) What drinks do you add? Are they good for you?

d) What changes can you make to be healthier?