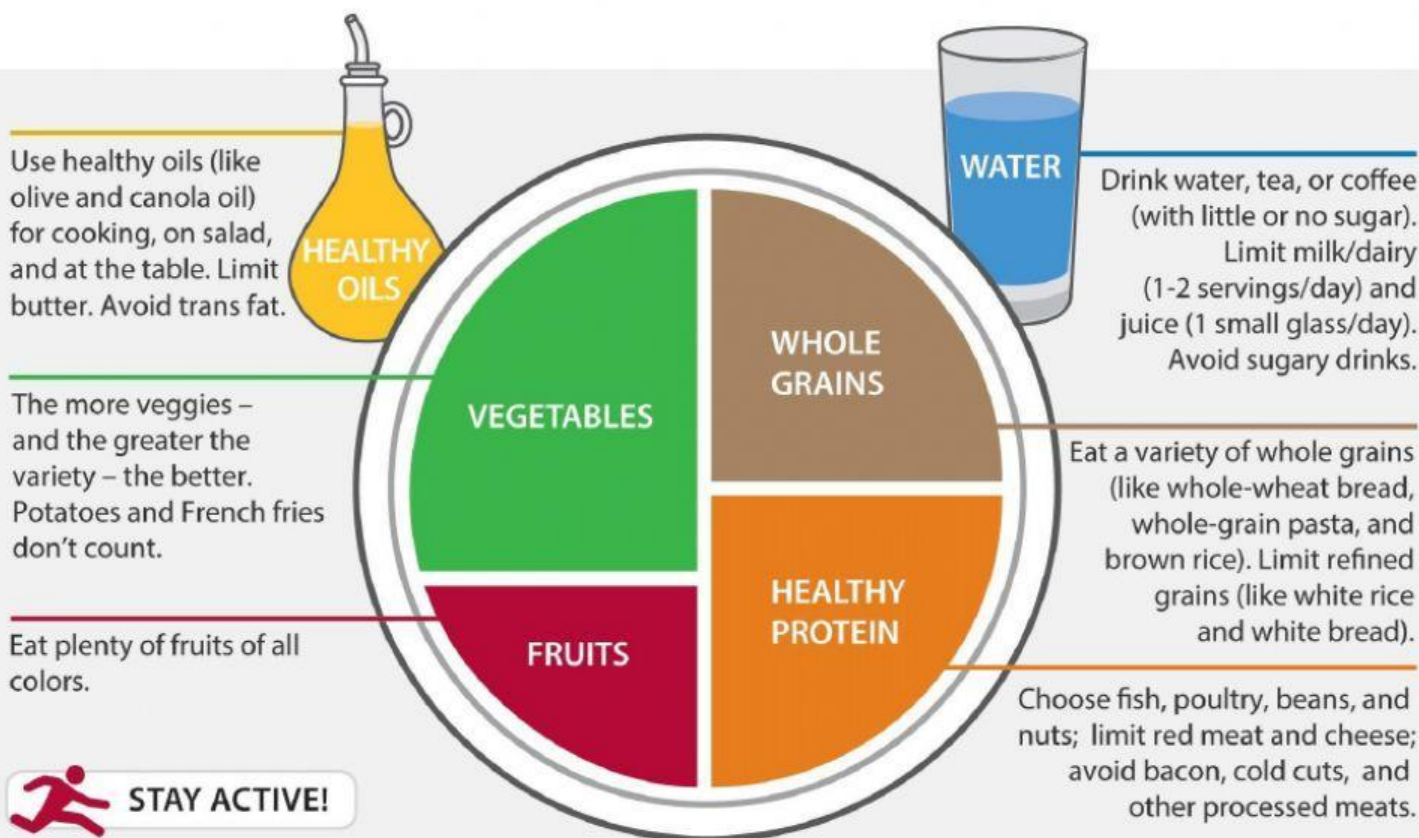


Name/ : _____

Group name: _____

HEALTHY EATING PLATE



STAY ACTIVE!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



1. *Following this article, Are these sentences True or False?*

- Eating fruits should contain different colours. _____
- Potatoes and French fries are vegetables. _____
- Drinking more milk and juice is better than drinking water. _____
- Whole grains are better than refined grains. _____
- Oils are not good for our health. _____

Build a Healthy Meal

Kid's Healthy Eating Plate

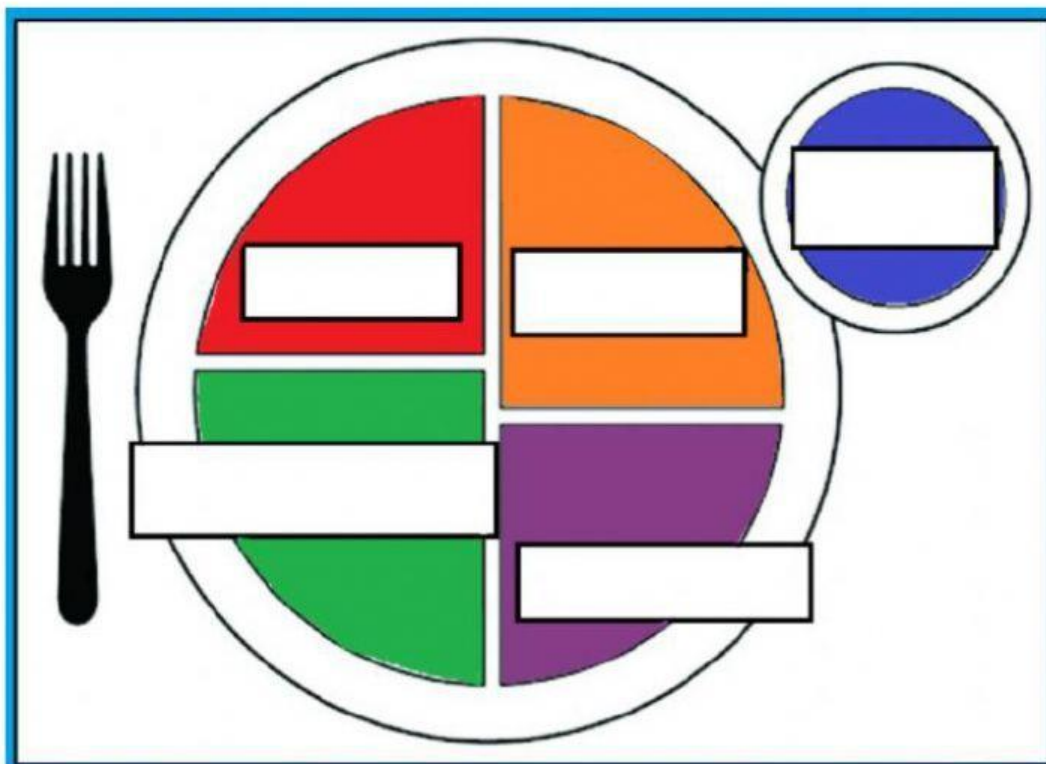


Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a balanced diet because each food has a unique mix of nutrients. At a glance, the Healthy Eating Plate and Kid's Healthy Eating Plate provide a blueprint to creating healthy meals—whether served at the table or packed in a lunch box.

Learn more about these resources and access other downloadable tools, including a Kid's Plate coloring page, and over 25 translations of the Healthy Eating Plate: hsph.me/hep21



2. What should be on "My plate"? Name the food groups.



2. **Discussion: How to build healthy eating habits?**

(Eg: What should we eat? Which food should we eat more or less? How much is enough?)

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