

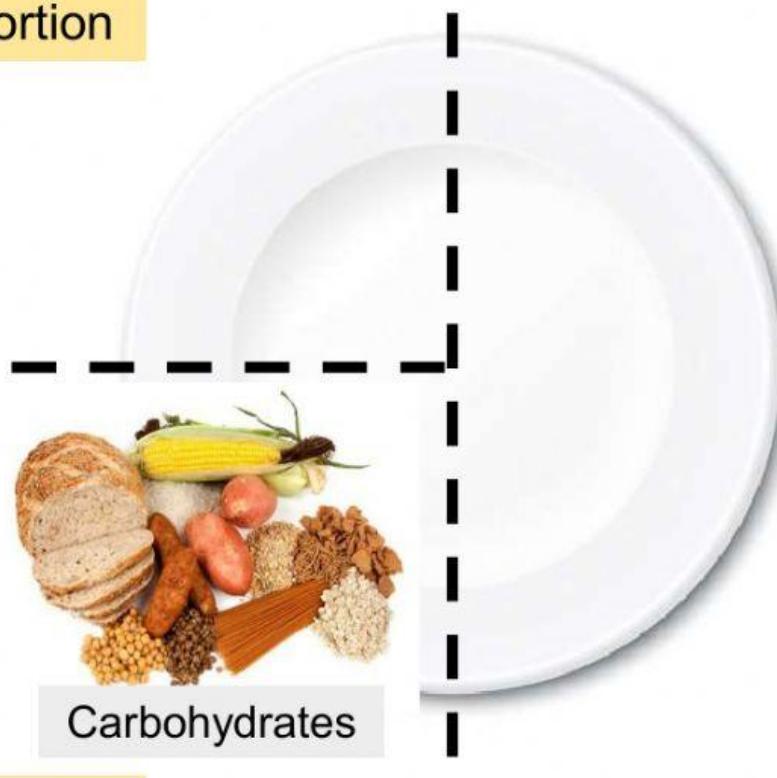
CHAPTER 2: NUTRITION AND FOOD TECHNOLOGY

2.1 BALANCED DIET AND CALORIFIC VALUE

CONCEPT OF MALAYSIA'S HEALTHY PLATE

Task: Drag the food to the plate to achieve the Malaysia's healthy plate (quarter quarter half).

$\frac{1}{4}$ portion

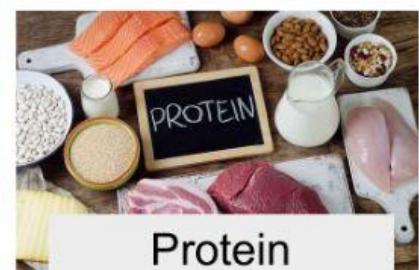


Carbohydrates

$\frac{1}{2}$ portion



Fruits and vegetables



Protein