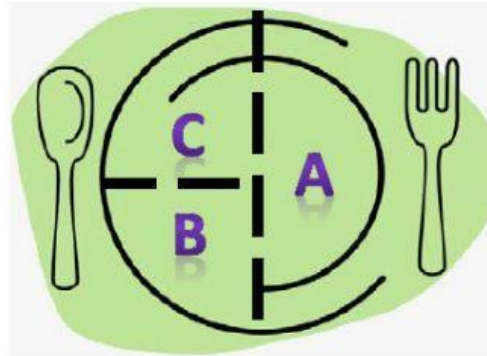# How to create a healthy plate/dish

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

1) **Watch the video and** <u>**match the information**</u> **in the three boxes to explain the** ==*Healthy Plate Method*==.

Quantity	Nutrients	For example:
A) ½ plate	*1.* whole grains or starches	*1.* potatoes, corn, peas or plantain
B) ¼ plate	*2.* starchy vegetables	*2.* tofu, grilled fish or chicken
C) ¼ plate	*3.* lean protein	*3.* zucchini, cucumbers, carrots
	4. non-starchy vegetables	*4.* rice, beans, corn, whole-wheat pasta

A)½ a plate should contain *2* and ___ for example: *1* and ___

B)¼ plate should contain ___ for example: ___

C)¼ 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.

1

2

3

4

pork   sweet potatoes

a slice of bread   lime

potatoes   lettuce

sugar   butter

eggs   cucumbers

carrots   carrots

honey   plantain

corn   peas

1 beef   *yes*   crackers

garlic   onion

rice   chicken

beans   eggplant

flour

5   6   7   8

9   10   11

12   13   14   15
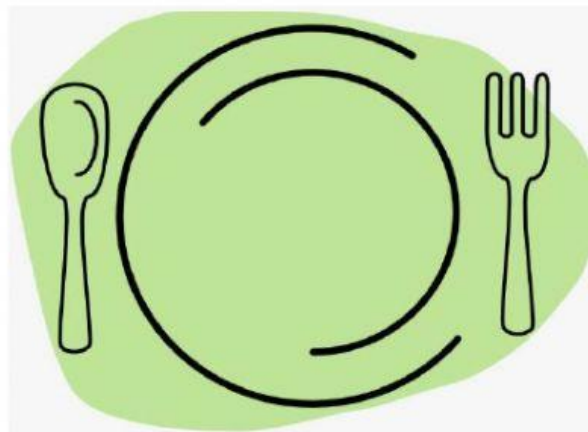
16   17   18   19   24
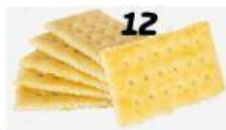
20   21   22   23

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

4) Think and answer with <u>full sentences</u>:

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?