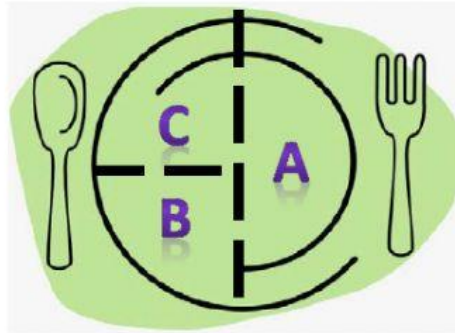


How to create a healthy plate/dish

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: ____

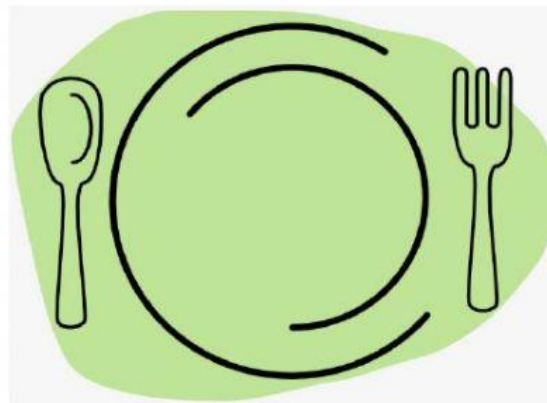
C) $\frac{1}{4}$ plate should contain ____ for example: ____

2) A) Match the food with their names.

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

<p>pork a slice of bread potatoes sugar eggs carrots honey corn 1 beef <i>yes</i> garlic rice beans flour</p>	<p>sweet potatoes lime lettuce butter cucumbers carrots plantain peas crackers onion chicken eggplant</p>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; text-align: center;">  <p>1</p> </div> <div style="width: 50%; text-align: center;">  <p>2</p> </div> <div style="width: 50%; text-align: center;">  <p>3</p> </div> <div style="width: 50%; text-align: center;">  <p>4</p> </div> <div style="width: 50%; text-align: center;">  <p>5</p> </div> <div style="width: 50%; text-align: center;">  <p>6</p> </div> <div style="width: 50%; text-align: center;">  <p>7</p> </div> <div style="width: 50%; text-align: center;">  <p>8</p> </div> <div style="width: 50%; text-align: center;">  <p>9</p> </div> <div style="width: 50%; text-align: center;">  <p>10</p> </div> <div style="width: 50%; text-align: center;">  <p>11</p> </div> <div style="width: 50%; text-align: center;">  <p>12</p> </div> <div style="width: 50%; text-align: center;">  <p>13</p> </div> <div style="width: 50%; text-align: center;">  <p>14</p> </div> <div style="width: 50%; text-align: center;">  <p>15</p> </div> <div style="width: 50%; text-align: center;">  <p>16</p> </div> <div style="width: 50%; text-align: center;">  <p>17</p> </div> <div style="width: 50%; text-align: center;">  <p>18</p> </div> <div style="width: 50%; text-align: center;">  <p>19</p> </div> <div style="width: 50%; text-align: center;">  <p>20</p> </div> <div style="width: 50%; text-align: center;">  <p>21</p> </div> <div style="width: 50%; text-align: center;">  <p>22</p> </div> <div style="width: 50%; text-align: center;">  <p>23</p> </div> <div style="width: 50%; text-align: center;">  <p>24</p> </div> </div>
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3) Complete the plate with food you usually have for lunch or dinner.



4) Think and answer with full sentences:

- Is your plate healthy? Why/Why not?
- What nutrients do you include?
- What drinks do you add? Are they good for you?
- What changes can you make to be healthier?