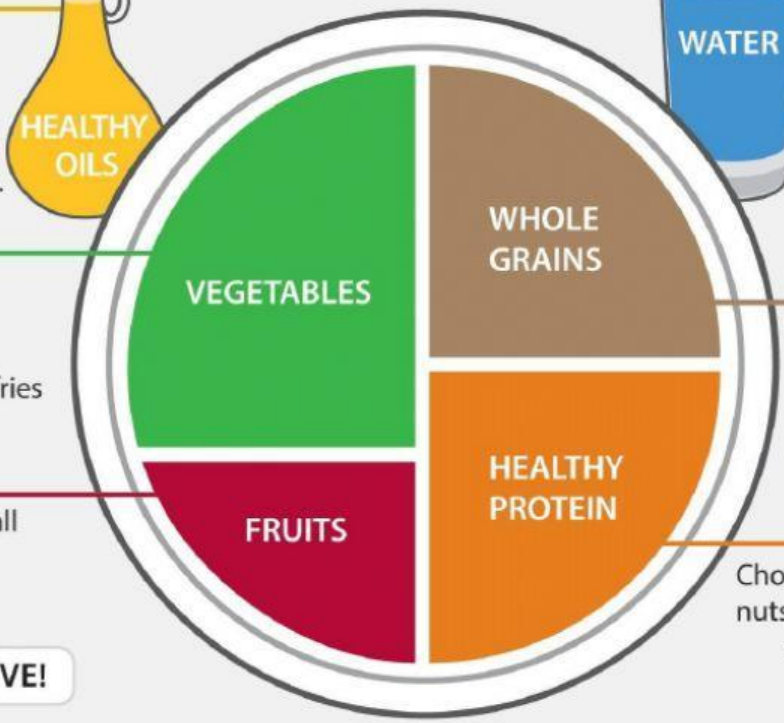
Name/ : _____

Group name: _____

HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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www.hsph.harvard.edu/nutritionsource

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

a. Eating fruits should contain different colours. _____

b. Potatoes and French fries are vegetables. _____

c. Drinking more milk and juice is better than drinking water. _____

d. Whole grains are better than refined grains. _____

e. Oils are not good for our health. _____

LIVEWORKSHEETS

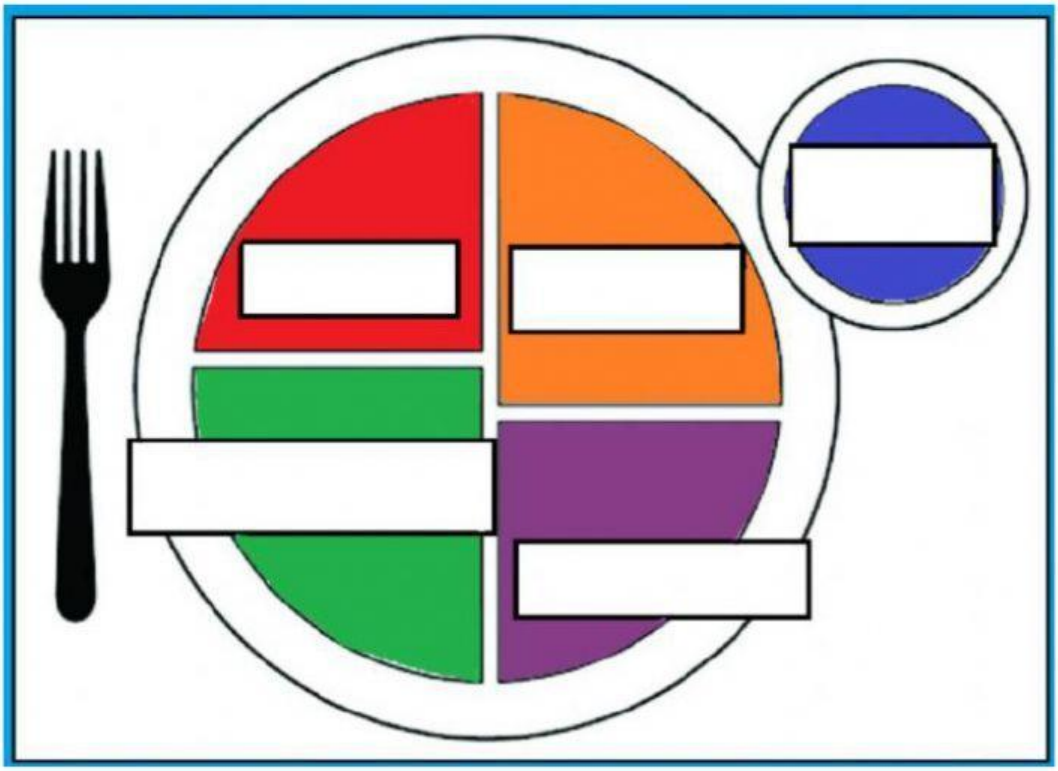
Build a Healthy Meal



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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LIVEWORKSHEETS