

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.



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

Eat plenty of fruits of all colors.



STAY ACTIVE!

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VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN



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.

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).

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



Harvard T.H. Chan School of Public Health
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

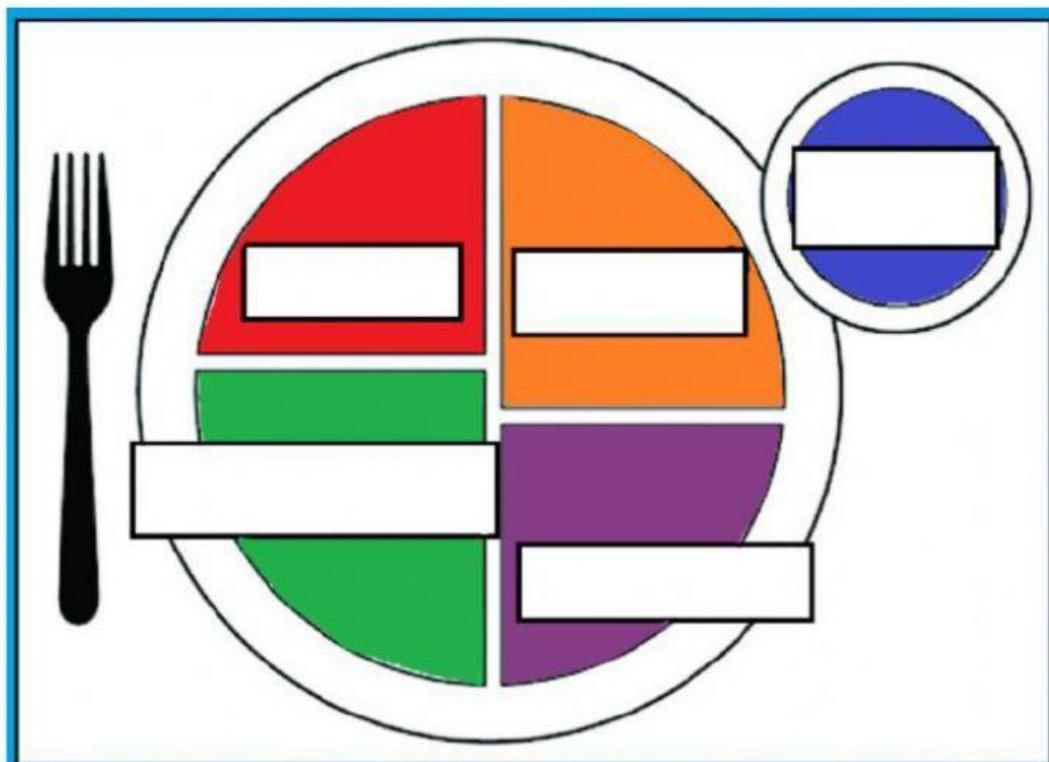


Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a balanced diet because each food has a unique mix of nutrients. At a glance, the Healthy Eating Plate and Kid's Healthy Eating Plate provide a blueprint to creating healthy meals—whether served at the table or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