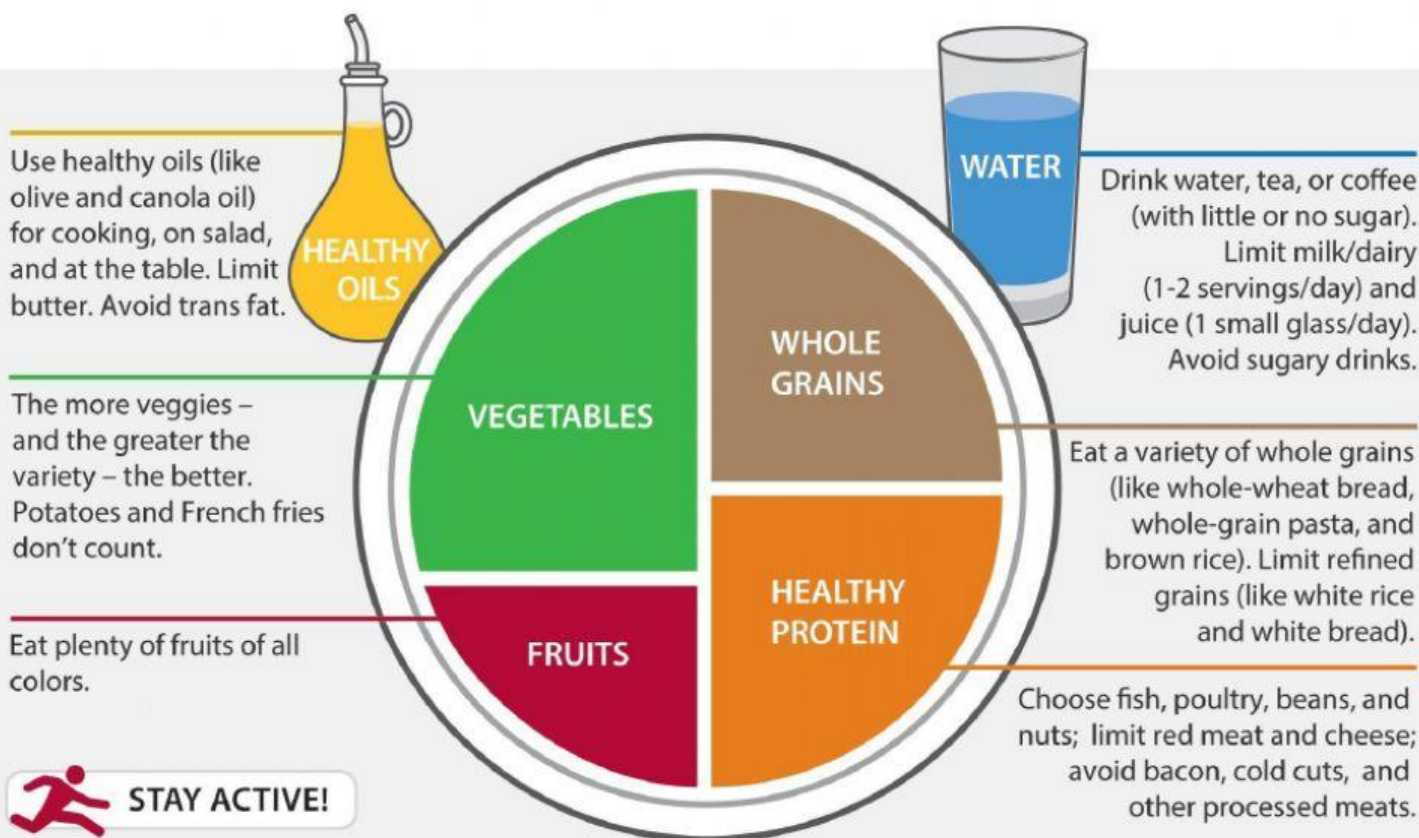


Name/ : \_\_\_\_\_

Group name: \_\_\_\_\_

## HEALTHY EATING PLATE



**STAY ACTIVE!**

© Harvard University



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://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

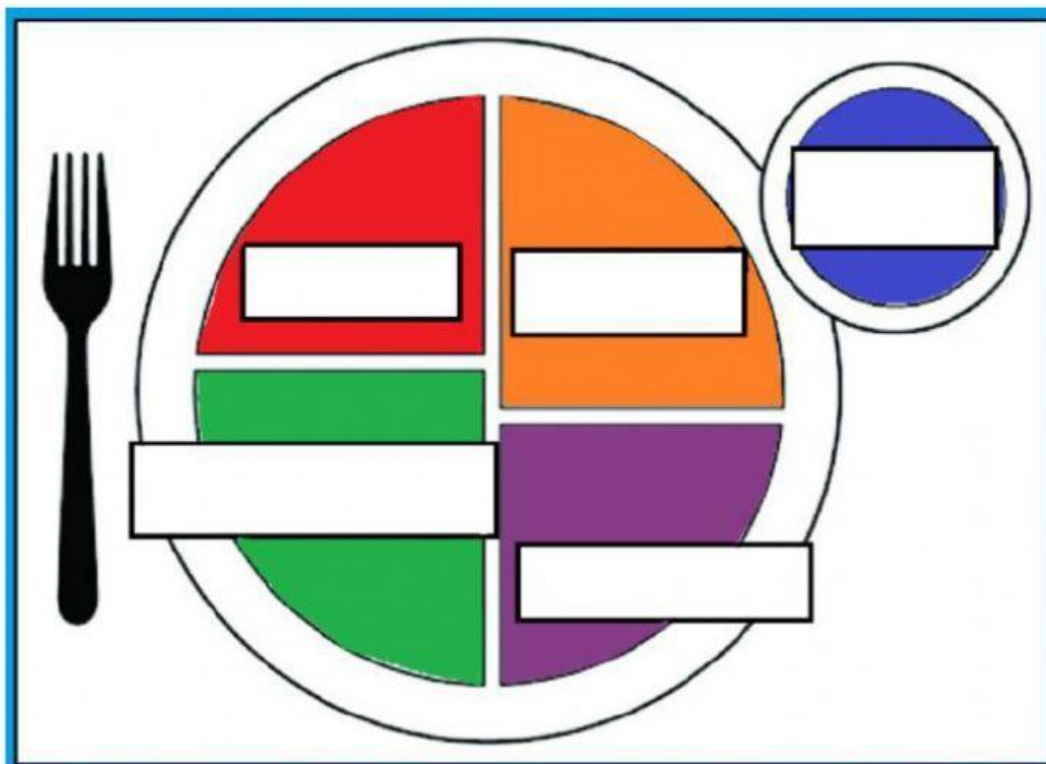


Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a balanced diet because each food has a unique mix of nutrients. At a glance, the Healthy Eating Plate and Kid's Healthy Eating Plate provide a blueprint to creating healthy meals—whether served at the table or 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: [hsph.me/hep21](https://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?)

.....

.....

.....

.....