

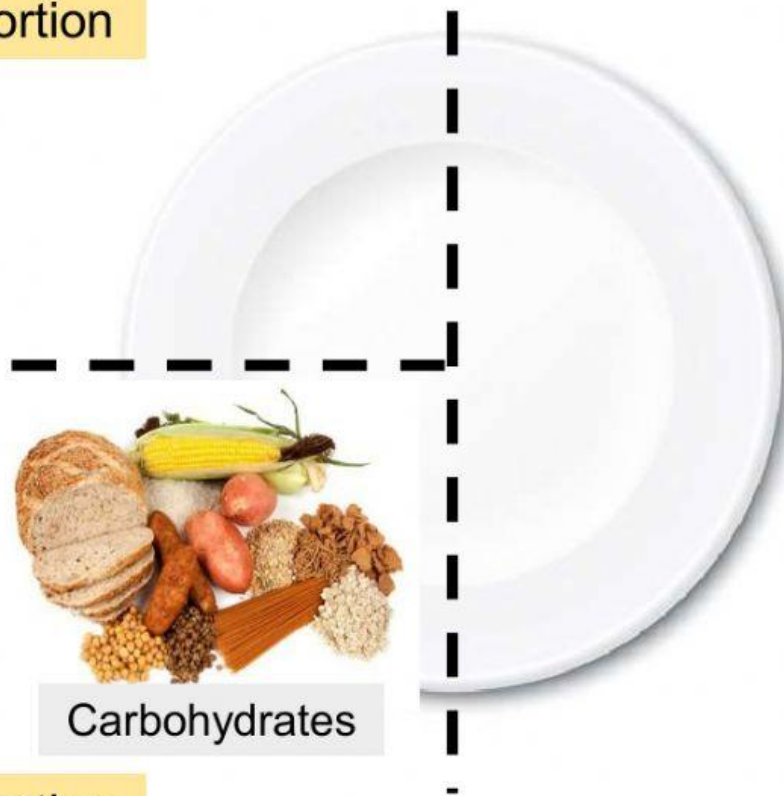
## CHAPTER 2: NUTRITION AND FOOD TECHNOLOGY

### 2.1 BALANCED DIET AND CALORIFIC VALUE

## CONCEPT OF MALAYSIA'S HEALTHY PLATE

**Task:** Drag the food to the plate to achieve the Malaysia's healthy plate (quarter quarter half).

$\frac{1}{4}$  portion



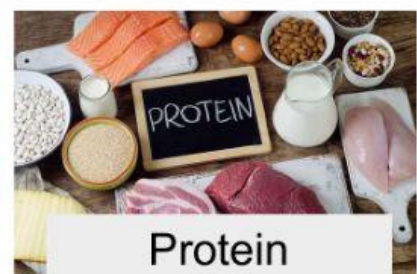
Carbohydrates

$\frac{1}{2}$  portion

$\frac{1}{4}$  portion



Fruits and  
vegetables



Protein