

1

A healthy plate

fruit (e.g oranges, _____, _____) and
vegetables (e.g. broccoli, _____, _____)

50%
VEGETABLES

25%
WHOLE GRAINS

Bread, rice, _____
and _____

Meat (e.g _____, _____), fish,
beans, _____ and _____

25%
LEAN PROTEIN

Milk, cheese, _____ and _____

FOOD

- yoghurt
- mangoes
- ham
- butter
- carrot
- steak
- porridge
- eggs
- eggplant
- pineapples
- potatoes
- cutlets
- pasta
- nuts

2

Healthy and unhealthy food



Healthy



Unhealthy

soda

burgers

eggs

hot dogs

nuts

milk

pineapples

broccoli

sausages

mangoes

lemon

cake

lollipops

potato chips

porridge

buckwheat

cereal

ketchup