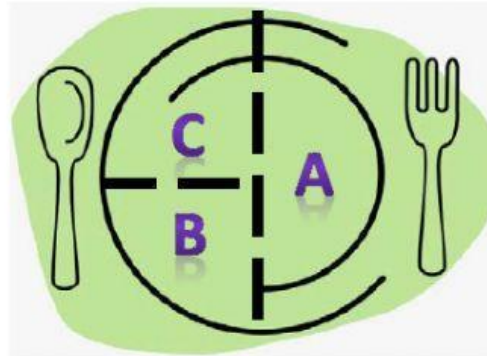


How to create a healthy plate/dish

VIDEO: https://www.youtube.com/watch?v=Gmh_xMMJ2Pw



Scan me!



- 1) Watch the video and match the information in the three boxes to explain the **Healthy Plate Method**.

Quantity	Nutrients	For example:
A) $\frac{1}{2}$ plate	1. whole grains or starches	1. potatoes, corn, peas or plantain
B) $\frac{1}{4}$ plate	2. starchy vegetables	2. tofu, grilled fish or chicken
C) $\frac{1}{4}$ plate	3. lean protein	3. zucchini, cucumbers, carrots
	4. non-starchy vegetables	4. rice, beans, corn, whole-wheat pasta

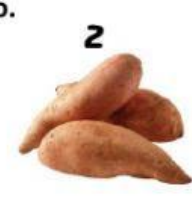
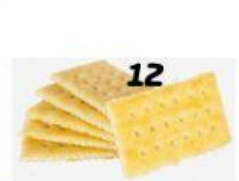
A) $\frac{1}{2}$ a plate should contain 2 and ____ for example: 1 and ____

B) $\frac{1}{4}$ plate should contain ____ for example: ____

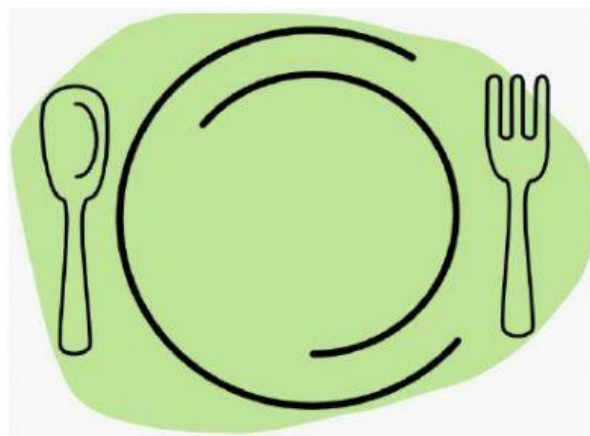
C) $\frac{1}{4}$ plate should contain ____ for example: ____

2) A) Match the food with their names.

B) Write "YES" in the box next to the foods mentioned in the video.

pork a slice of bread potatoes sugar eggs carrots honey corn 1 beef <i>yes</i> garlic rice beans flour	sweet potatoes lime lettuce butter cucumbers carrots plantain peas crackers onion chicken eggplant	1  2  3  4 
		5  6  7  8 
		9  10  11 
		12  13  14  15 
		16  17  18  19  20  21  22  23  24 

3) Complete the plate with food you usually have for lunch or dinner.



4) Think and answer with full sentences:

- Is your plate healthy? Why/Why not?
- What nutrients do you include?
- What drinks do you add? Are they good for you?
- What changes can you make to be healthier?