

Name :

Understand the graphic below (Healthy Plate). Then, fill in the blanks with the correct answers (page 2).

Let's read.

HEALTHY PLATE

Grains
Example: rice, bread, noodles

Vegetables
Example: tomato, carrot, broccoli

Protein
Example: fish, chicken, egg

Fruits
Example: watermelon, orange, apple

Source: <http://nutrition.moh.gov.my/poster/>

2.1.1 Teacher's Notes Explain the 'Healthy Plate' to the pupils. Guide them to read the labels. Discuss how to use the 'Healthy Plate' to promote healthy eating.

63 KPM



fruits

banana

apple

grains

rice

cereal

Fruits

Grains

vegetables

carrot

tomato

Vegetables

Protein

protein

fish

chicken

