

Healthy eating plate activity

You will need:

- Healthy eating plate example image
- Paper plates – 1 per student
- Cut out or print pictures of healthy food options from magazines, newspapers, the internet. Examples could include fruits, vegetables, meats, dairy options, breads, etc
- Craft glue
- Markers

Steps:

1. Discuss the importance of eating a variety of healthy foods to keep our bodies healthy and our brains ready for learning.
2. Discuss the types of foods that are healthy – brainstorm/list as a class. Share the image below to help explain a balanced diet.
3. Discuss the importance of drinking fresh tap water regularly throughout the day.
4. Students work individually or in pairs to create a healthy eating plate, using the collage materials already collected to create healthy foods, e.g., fresh fruit and veggies, lean meats/proteins, cheese, wholegrain breads and cereals.

