



Healthy Food Plates

From "Food Fuels Bodies", Season 4, Episode 1



Supplies

- Paper plate
- Paper
- Scissors
- Glue stick
- Crayons or markers
- Optional (for collaging): Old food magazines

Steps

1. Using markers or crayons, divide your plate into different food sections like a pie chart **(A)** and label:

- Fruits ($\frac{1}{4}$ plate)
- Vegetables ($\frac{1}{4}$ plate)
- Proteins ($\frac{1}{4}$ plate)
- Grains ($\frac{1}{4}$ plate)

2. On a separate piece of paper, draw and cut out different types of food **(B)** that you like to eat or want to try.

- *Optional: Cut out pictures from an old food magazine.*

3. Match and glue the food to each of the plate sections. The goal is to have a rainbow of colors and at least a couple different foods in each section **(C)**!



Questions to Ask Your Child

- What is your favorite food?
- What food have you never tried before?
- What are some foods that you eat every day? What color are they? What do they taste like? Smell like?

