

ALL ABOUT Healthy Plate

Healthy Plate:

Healthy food leads to healthy bodies. What are some foods that are good for you? What are some foods that are bad for you? Discuss the types of healthy foods that make a healthy plate. Can you name some fruits? vegetables? grains? proteins? dairy products? Using the plate organizer template and cutting out the food pictures that are attached, can you make a healthy plate of food? Color your food to make it look more appetizing!

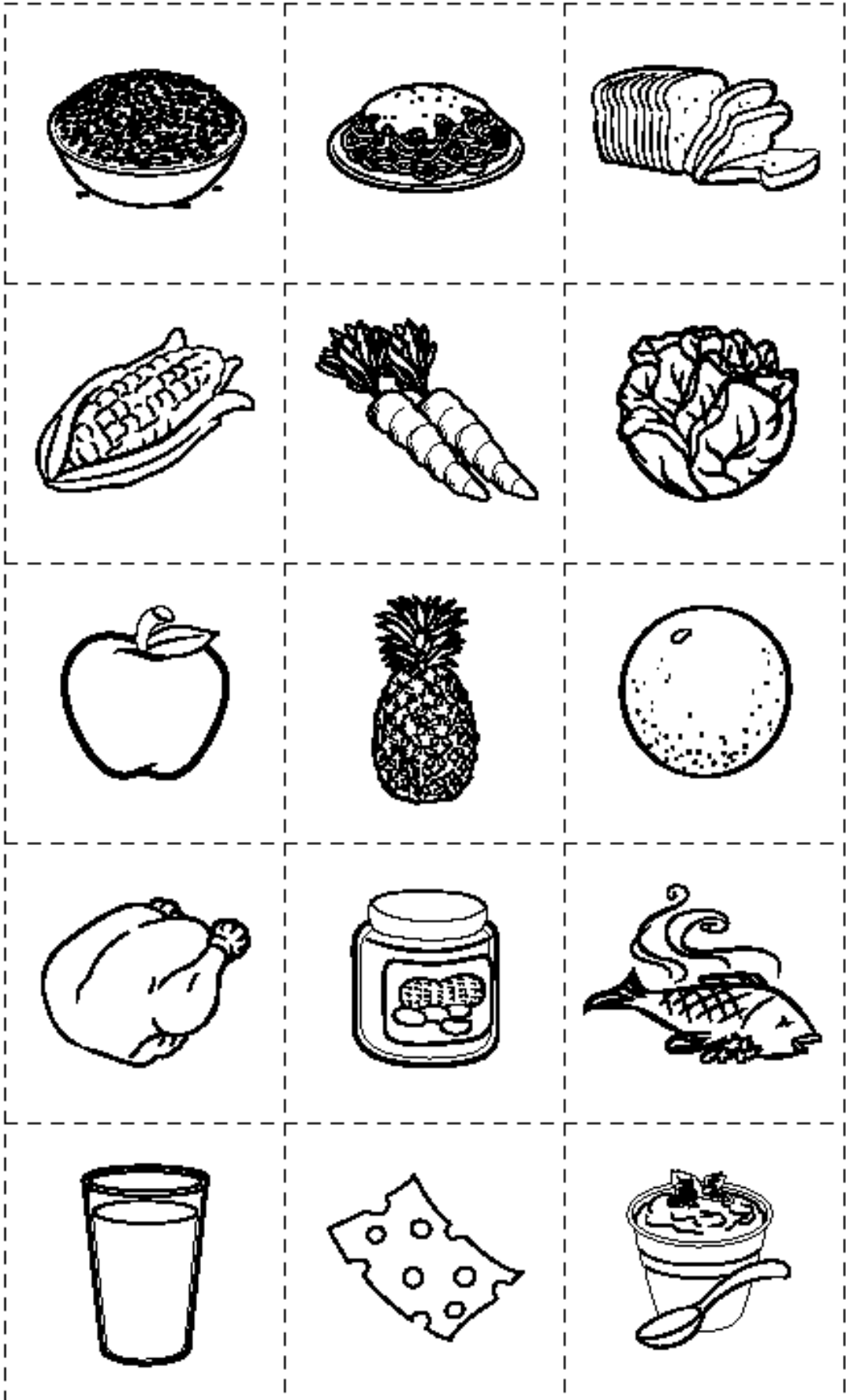
Materials:

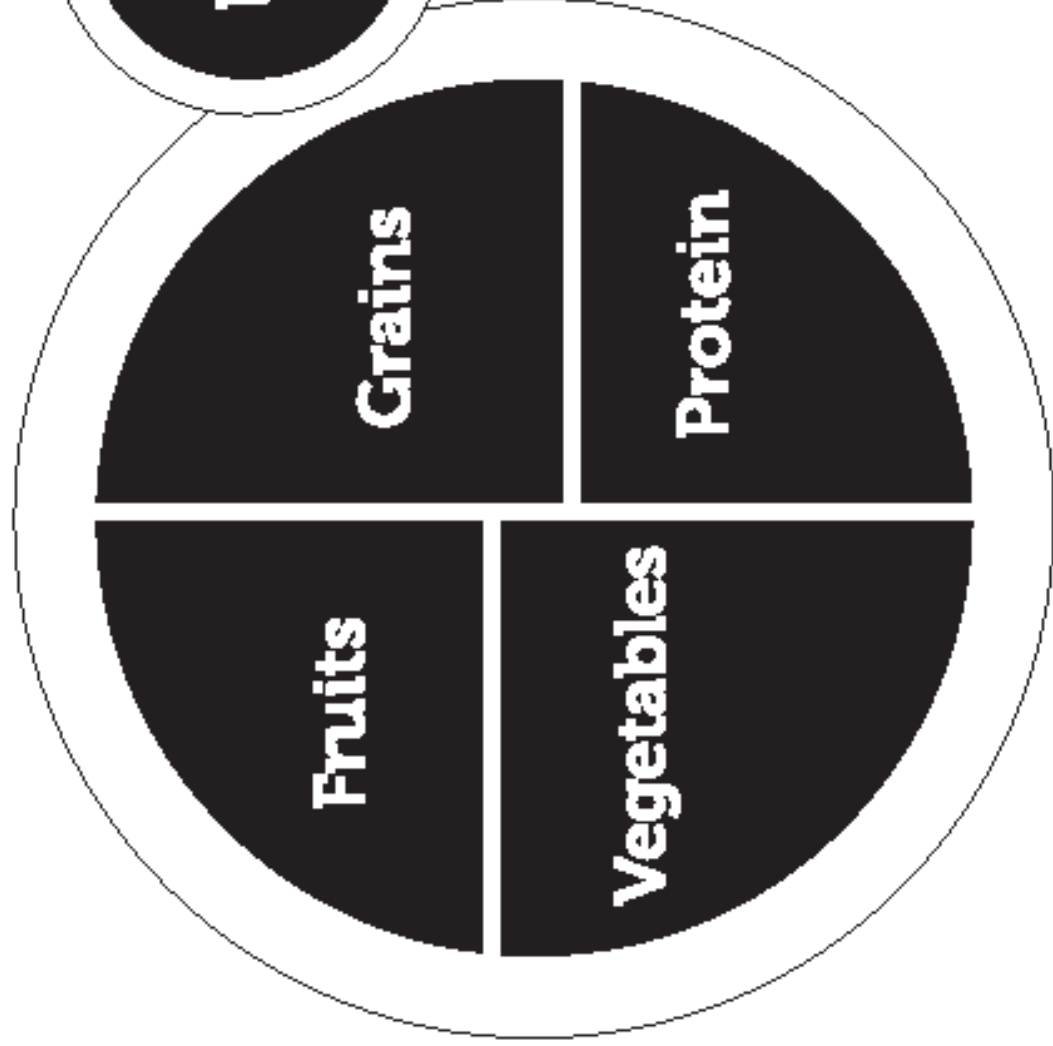
Templates

Scissors

Crayons







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