

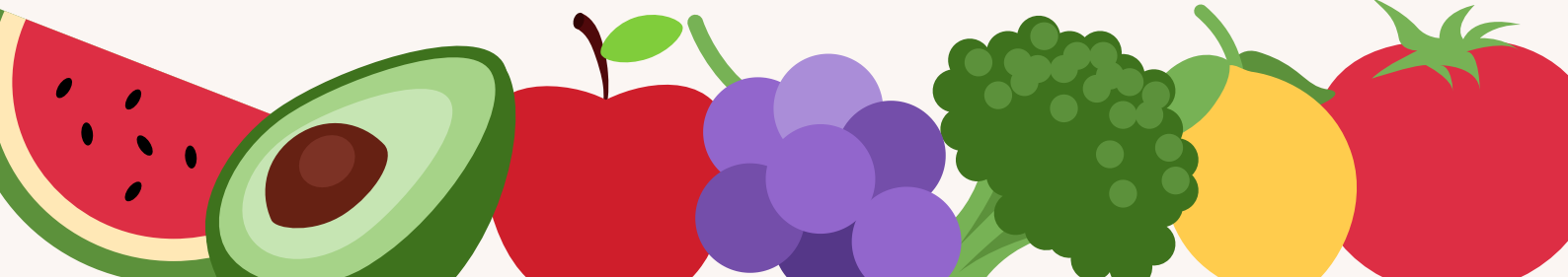
WHAT'S ON YOUR PLATE?

Using the Eatwell Guide:

1. Copy the food group sections of the guide and draw them on to your plate
2. Think about your last meal or favourite meal and either draw, cut out pictures from food magazines and collage or write the different ingredients on the plate putting the ingredients in to the correct food groups



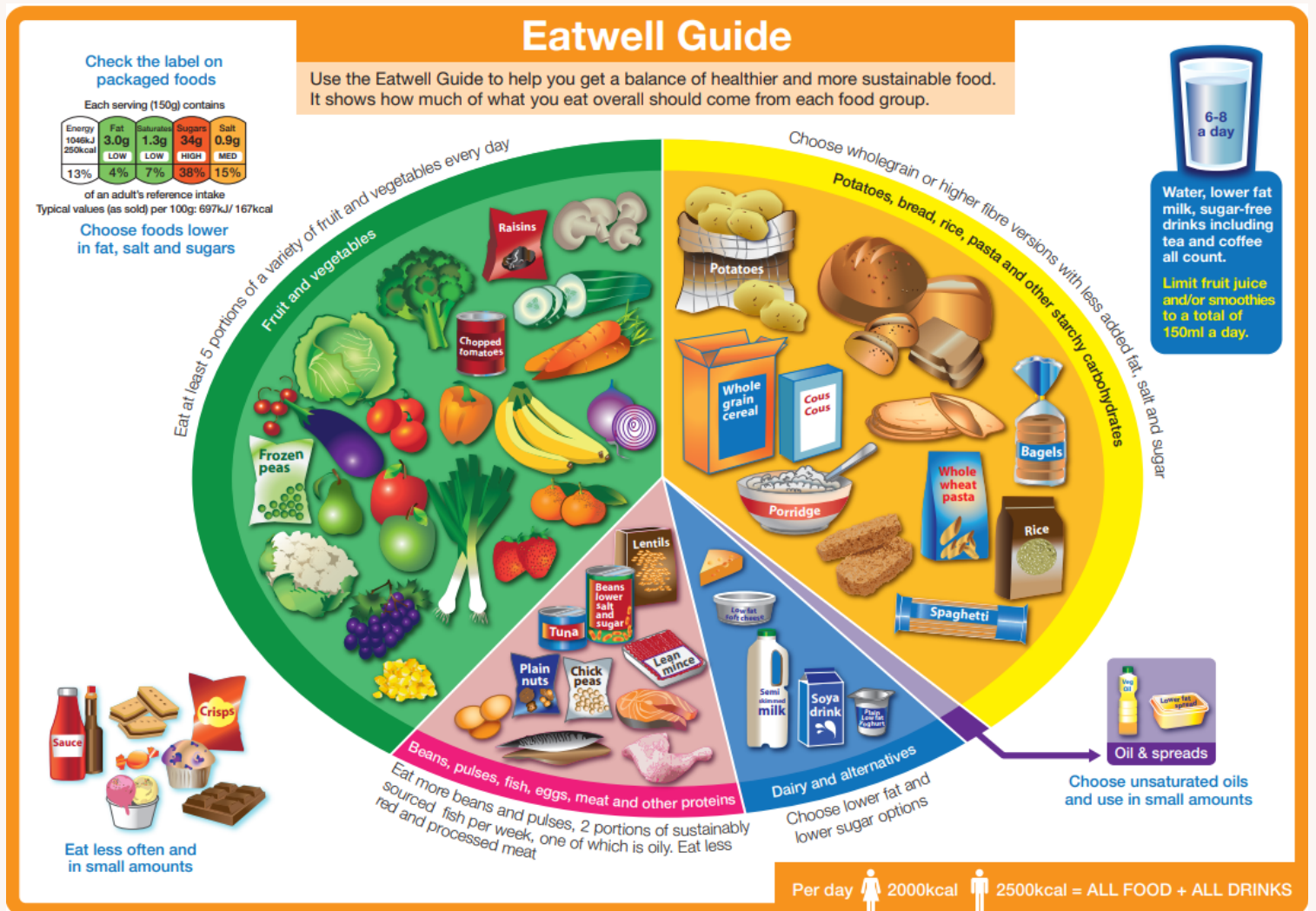
Does your plate look balanced with something in every food group?
What if anything would you change to build a more balanced plate?



WHAT'S ON YOUR PLATE?

Resources required:

1. Either print one activity page per child or use paper plates if preferred
2. Collect free supermarket promotional brochures from Co-Op, Lidl, Aldi, Asda etc for cutting out pictures of food; you'll require glue stick and scissors
3. Alternatively provide coloured felt tip pens or pencils to draw and write on the plates
4. Use the Eatwell Guide pictured below to discuss the food groups and discuss where different foods live on the plate. Encourage children to analyse if their plate is balanced or how they can make it more balanced if not.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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