



Grade 1 Activity: Building a healthy plate



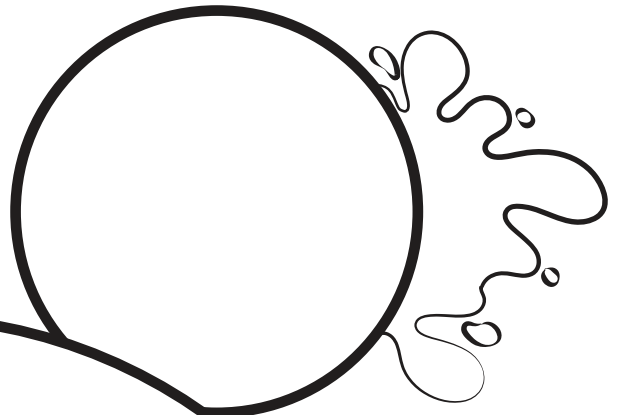
Activity 1 : Cut out the puzzle pieces on the next page and stick them in the correct spaces on the plate below.

We should try to eat three mixed meals a day to keep our bodies healthy.

What should be on my plate?

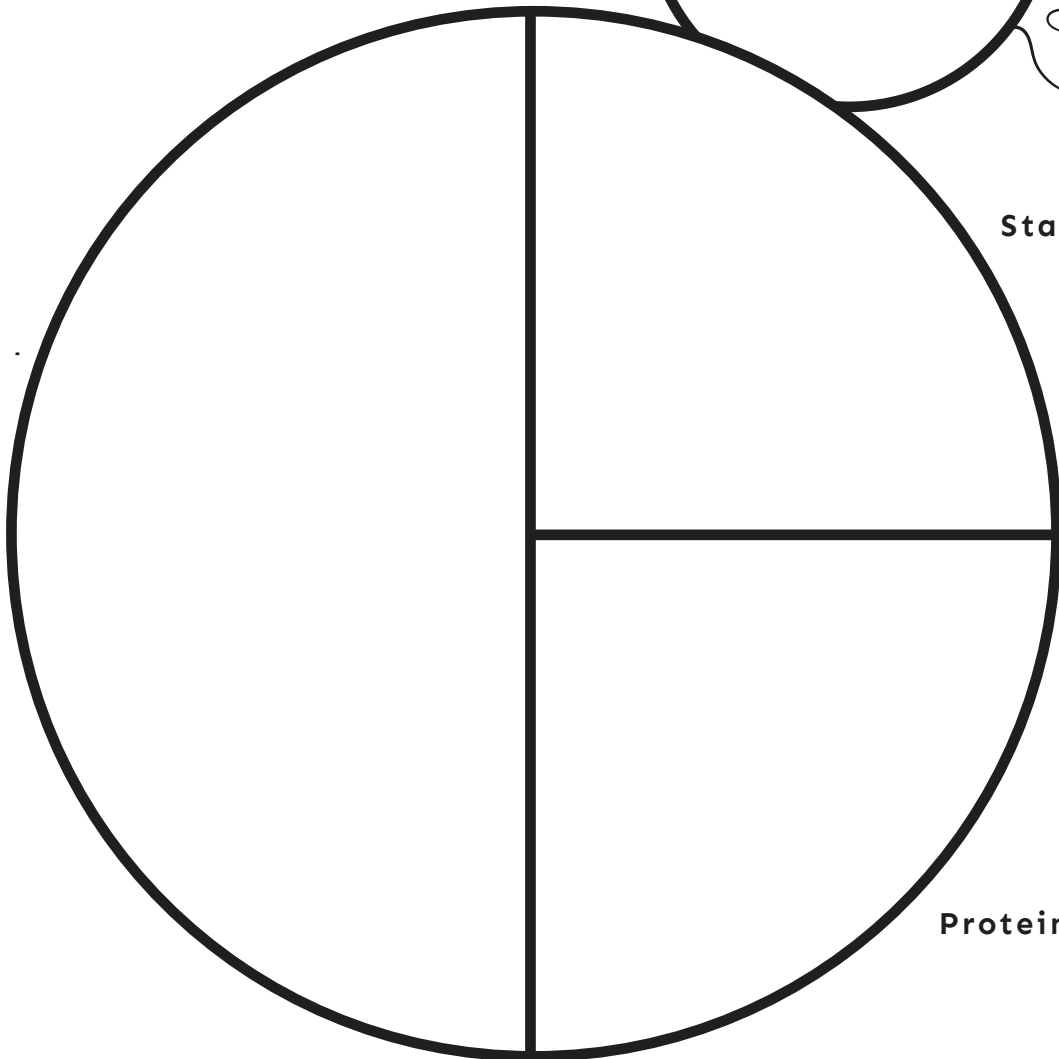
- Half of my plate should be vegetables and/or fruit
- $\frac{1}{4}$ protein (fish, chicken, egg, cheese)
- $\frac{1}{4}$ starch (bread, corn, rice, potatoes)
- Add a cup of milk, yogurt or maas
- Remember to drink plenty of clean water every day

Milk, maas,
or yoghurt



Starch

Fruits and
vegetables



Protein



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Activity 1 : Cut out the puzzle pieces and stick them in the correct place on the plate on the previous page.

