EVERFI

Middle School

Name:

Date:

Creating a Healthy Plate

Healthier Me: Middle School

Directions: Read through the information below about what foods should be taking up space on your plate.

It is important to eat a balanced diet. Food is broken down into different groups - Fruit, Vegetables, Grains, Protein and Dairy.

Dairy products help you get calcium, which is important for bone health. Dairy is great on the side, like a glass of milk.

Examples of dairy products are yogurt or cheese.

Vegetables and Fruit provide important vitamins, minerals and fiber. Vegetables and fruits should take up **half of your plate** at meal time.

Examples of fruits and veggies are carrots, broccoli, apples, bananas and oranges.

Grains have fibers that help you stay full for longer. **Grains** should take up a quarter of your plate.

Examples of grains are whole wheat bread, brown rice or oatmeal.

Protein helps the body build and maintain its tissues. **Protein** should take up a quarter of your plate.

Examples of protein are beans, tofu, beef, poultry or seafood.

Directions: Think about the last meal you ate. Draw out what foods you ate on the plate below. **Label them** and **categorize them** as either fruit, vegetables, grain, protein or dairy.

What food group took up the most space on your plate?

Was your meal missing any food groups?

Would you say this is a healthy plate? Why or why not?

Directions: Next, create a plate that you **would like to eat** that has all food groups represented. Label the foods as you draw them and categorize them as a fruit, vegetable, grain, protein or dairy.

Which type of food took up the most space on your plate?

What are three nutrition related health goals you have?
Example - I will include at least one fruit or vegetable in all of my meals

1.

2.

3.