

Bea's Balanced Plate: A Nutrition Drawing Sheet

Learning objective: To identify and categorise different food groups and understand the importance of a balanced diet for human health.

Follow the steps below to complete your nutritional diagram. Use the word bank to label your drawing accurately. Make sure your plate includes a variety of colours to represent a healthy, balanced meal.

Draw: Draw a large circular dinner plate in the centre of your page. Fill the plate with a colourful, healthy meal consisting of a source of protein, a portion of carbohydrates, and plenty of fruit and vegetables. Use clear, neat lines for your labels and point them to the specific food items using straight lines. Include a small glass of milk or a piece of cheese to represent the Dairy group.



Label words: Carbohydrates · Protein · Fruit and Vegetables · Dairy · Fats and Sugars · Balanced Diet

Steps:

1. Step 1: Draw a large circle to represent a plate. Inside, draw three different types of vegetables. Label them as part of the 'Fruit and Vegetables' group.
2. Step 2: Draw a portion of pasta or potatoes on your plate. Label this as 'Carbohydrates'. Why do we need carbohydrates in our diet?
3. Step 3: Draw a source of protein (such as fish, beans, or chicken) on your plate. Label it 'Protein'. What is

the main job of protein in the human body?

4. Step 4: Label the small section of your plate for 'Fats and Sugars'. Why should this group be the smallest section of your plate?
5. Step 5: Write a short sentence explaining why Bea the Bee would suggest eating a 'Balanced Diet' instead of just one type of food.