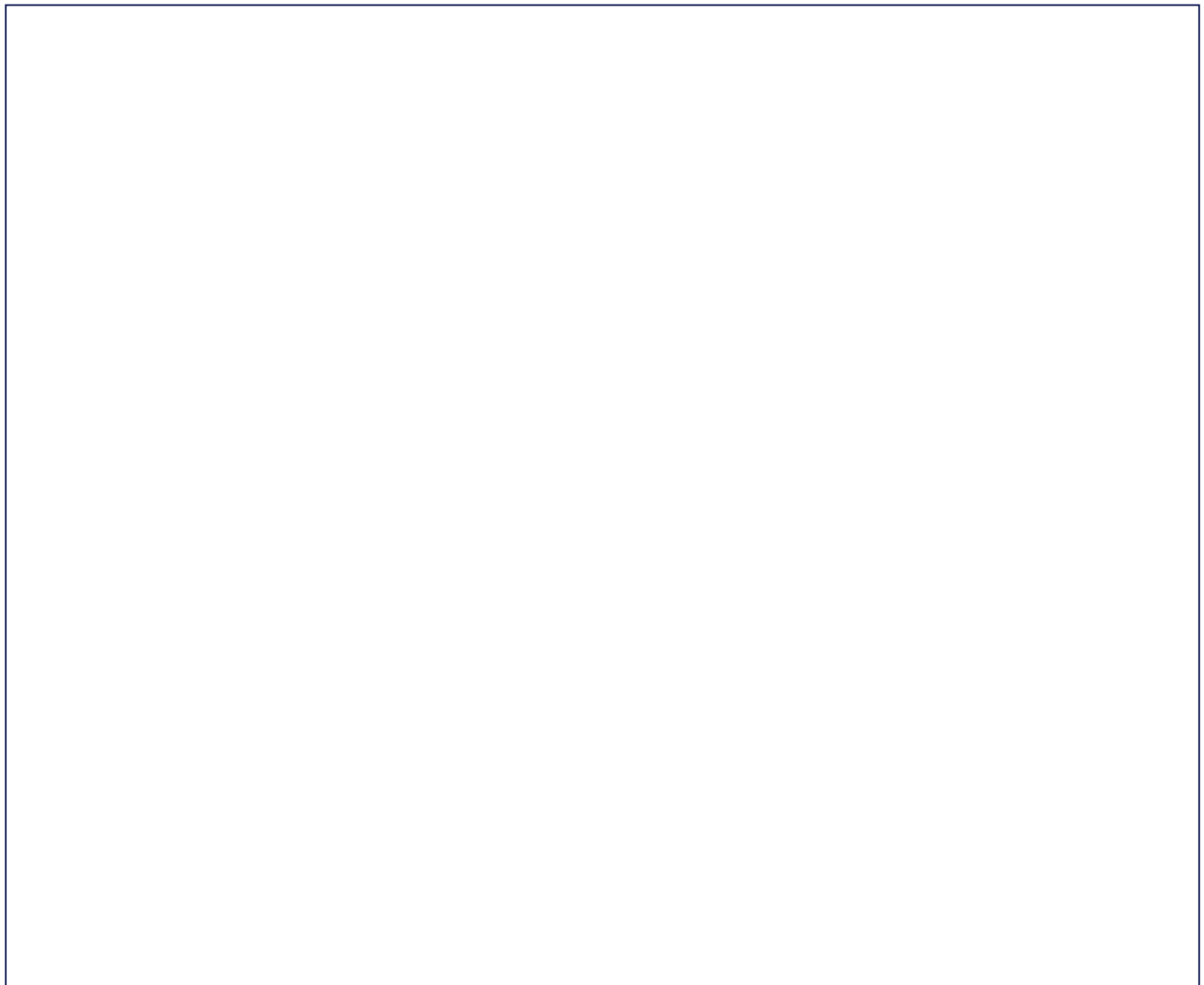


Bea's Healthy Plate Drawing Sheet

Learning objective: To identify the main food groups and understand what makes a balanced diet.

Follow the steps below to draw a balanced meal on Bea the Bee's plate. Use the word bank to help you label the different parts of your meal.

Draw: Draw a large dinner plate in the middle of the page. Fill the plate with colourful food items like pasta, broccoli, carrots, and a protein source. Draw a glass of water next to the plate. Use clear, simple shapes and bright colours. Add labels using an arrow to point to each food group.



Label words: Protein · Carbohydrates · Fruit · Vegetables · Water

Steps:

1. Step 1: Draw a large circle in the centre of the plate. This is your healthy meal. Draw some pasta or potatoes on one side. Label this 'Carbohydrates'.
2. Step 2: Add some green broccoli or carrots to your plate. Label this 'Vegetables'.
3. Step 3: Add a piece of fish, chicken, or beans to your plate. Label this 'Protein'.
4. Step 4: Draw a glass of water next to the plate. Why is water important for our bodies?