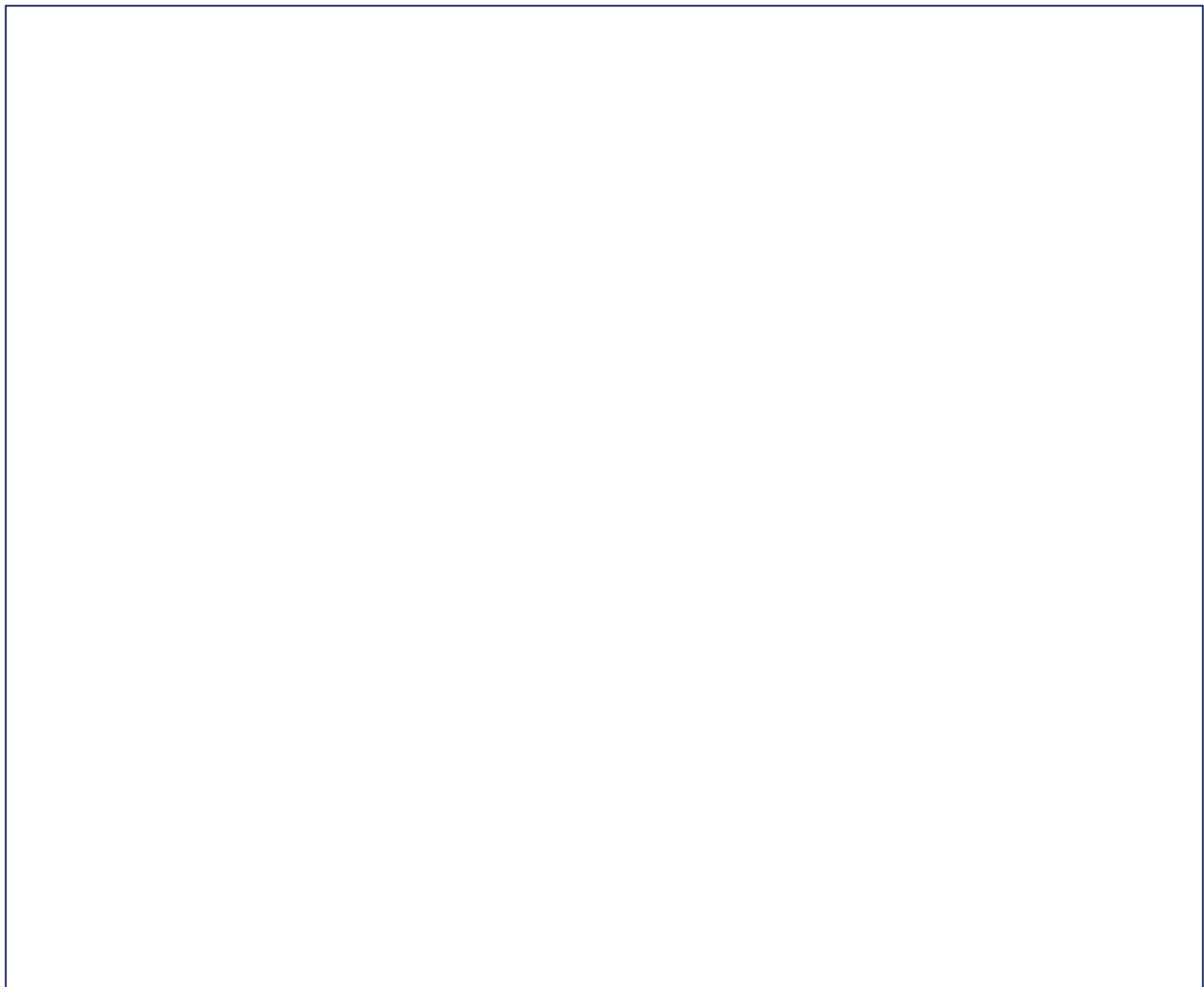


Bea's Balanced Plate: A Nutrition Drawing Sheet

Learning objective: To identify the main food groups and understand how they contribute to a healthy, balanced diet.

Follow the steps below to complete your diagram of a balanced meal. Use the word bank to label the different sections of your plate so that Bea the honeybee can see exactly what you have chosen for a healthy lunch.

Draw: Draw a large circular dinner plate in the centre of your page. Divide the plate into sections like a pie chart. In the largest sections, draw healthy examples of carbohydrates (like brown bread or pasta) and fruit and vegetables (like broccoli or berries). In smaller sections, draw a portion of protein (like beans or fish) and a small portion of dairy (like yoghurt). Add a tiny corner for a small treat. Use clear, neat lines and add labels using the words from the word bank.



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

Steps:

1. Label the section of your plate that provides the most energy for running and playing. Which food group is this?
2. Identify which food group helps our bodies grow and repair muscles. Label this on your drawing.

3. Why is it important to include a variety of colours from the 'Fruit and Vegetables' group on your plate?
4. Look at the 'Fats and Sugars' section. Explain why we should only eat small amounts of food from this group.
5. If a meal costs £3.50, and you pay with a £5.00 note, how much change should you receive?