

Building a Balanced Plate

Name: _____ **Date:** _____

LEARNING OBJECTIVE

Students will apply the five food groups to build and label a real, balanced meal, evaluating its nutritional composition.

MATERIALS NEEDED

- a real plate
- real food items from the kitchen (or pictures/labels of food if unavailable)
- paper and pencil
- ruler
- colored pencils
- internet-connected device (optional, for food group reference)

HANDS-ON ACTIVITY

1. Research or recall the five main food groups: fruits, vegetables, grains, protein, and dairy.
2. Using your ruler, draw a large circle (representing a plate) on paper and divide it into sections: roughly half for fruits/vegetables, one quarter for grains, one quarter for protein, with a small circle beside it for dairy.
3. Build (or select and photograph/draw) a real meal from your kitchen that fills each section appropriately, using real food or accurate drawings/pictures of real food you have.
4. Label each section of your plate diagram with the specific food you chose and its food group.
5. Write 3-4 sentences evaluating your plate: is it balanced? What food group, if any, is missing or under-represented, and how could you adjust the meal to improve it?

QUESTIONS

1. **What are the five main food groups, and roughly what proportion of your plate should fruits and vegetables make up?**

-
2. **What specific foods did you choose for your plate, and which food group does each belong to?**
-

3. Was your plate balanced? If not, which food group was missing or under-represented, and what could you add to fix it?

4. Why is it healthier to fill half your plate with fruits and vegetables rather than mostly grains or protein?
