



LIFE
EDUCATION

Learning with Harold

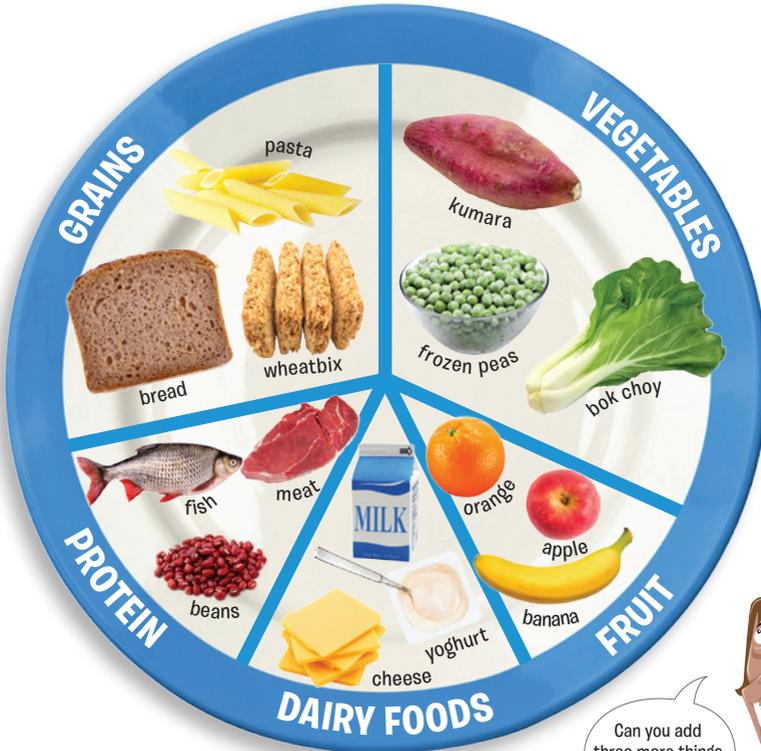
MANAGING SELF



KEEP IT IN BALANCE!

Mix and match to get the best dinner plate

For a balanced diet you need to eat food from the five main groups during the day. These are grains, vegetables, fruit, dairy foods, and protein (e.g., meat, eggs or tofu).



Can you add three more things to each group?



EXPLORE,
CONNECT &
REVEAL!



Energy to work, learn, and play

Eating a balanced diet from the five main food groups gives you the energy and nutrients you need to work, learn, and play. Things like sweet cakes, fizzy drinks, potato chips, and lollies aren't on the plate because you don't need these for a balanced diet. They are high in sugar, fat, and salt, so they are "occasional foods" that you can eat from time to time.



1. Think about the food you would like to eat for breakfast, lunch, and dinner. Write down each food item. Now draw five circles, one for each main food group. Decide which circle each item of food belongs in. Do all of the circles have food in them? What could you eat more or less of?
2. What kinds of food do you like to eat? Design three healthy meals by combining foods from the different groups to make a breakfast, a lunch, and a dinner. For example, some fish, taro, peas, and wholemeal bread, or a piece of chicken, a salad of lettuce and tomatoes, and a wholemeal wrap. Share your favourite meals. Have you found a new combination of foods you would like to try?
3. Create a class recipe book using your favourite meals. Draw or find pictures of the meals and label each kind of food. Now add a cover and staple together all of the pages from the class (or use a computer to create a digital version). Have turns to take your class recipe book home to try some new recipes with your family.

CHECK THIS OUT!



Want to know more about eating a balanced diet? Harold has some great ideas. See: http://healthyharold.org.nz/uploads/resource/file/341/Balanced_Diet_source_doc.pdf

