

Create Your Plate Activity

It is important to know how much of something we should be eating, to make sure we are getting the right amount of the nutrients from our food. This week on Food Dudes Fun at Home we are creating our very own dinner plate with the correct serving sizes that you can refer to for every meal.

What you will need

- ✓ To create your plate; you can use a paper plate, an old ceramic or plastic plate or cut out cardboard or paper in the shape of a plate.
- ✓ Options depending on what you are using; Glue, sticky tape, paint, colouring pencils or crayons, dried food, cut out images of food from papers or magazines, chunks of food for stamps, recycled home materials; kitchen rolls, egg shells, sticks.
- ✓ You can be as creative as you like with the materials you choose to create your plate.

Instructions:

- ✓ Eating well means learning about how to plan our meals correctly. Our plate of food should be as follows: half the plate for fruits and vegetables and the other half will be split as one quarter for proteins (chicken, fish, beans and other sources) and one quarter for carbohydrates (pasta, rice, potatoes).
- ✓ Chat about the different healthy food groups and decide what favourites you want to fill your plate with.
- ✓ You can create your food in a variety of ways. Check out the pictures below for some ideas.
 - Making food stamps; use your fruit, vegetables, pasta, to create a print by dipping it in paint and then onto your plate.
 - Simply draw or paint your food onto the plate.
 - You can create your food by sticking dried pasta, vegetable peels, images from magazines or papers or even food labels or old food packaging onto your plate.
 - Create your own vegetables using rolled up bits of paper, old egg shells, painted sticks.
- ✓ Keep your plate in the kitchen as your point of reference to make sure your eating a balanced meal every day.

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Show us what you have used to create your very own plate, online using the hashtag **#FoodDudesFun**

