

Building a balanced plate

Different foods. A shared set of groups.

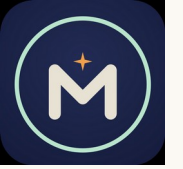
I can sort foods and explain what this model can show.



FRUIT



VEG

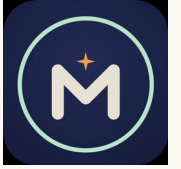


Retrieve a food-job idea

Name or point to a food from last week.

What can it provide for a body?

Now we will group example foods.

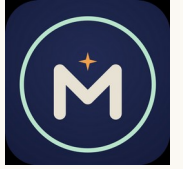


Three things we will do

Name the broad food groups.

Sort eight example cards.

Explain balance over a day or week.



Five broad food groups

TWO LARGE GROUPS



FRUIT



VEG

Fruit and vegetables
Starchy carbohydrate foods

OTHER GROUPS



EGGS

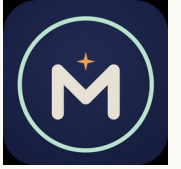


BEANS



FISH

Protein-source foods
Dairy and alternatives
Oils and spreads

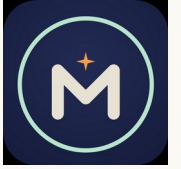


Place one food, explain its group

Pasta belongs with starchy carbohydrate foods, such as bread, rice and potatoes.



The group is about the food's broad place in this model.

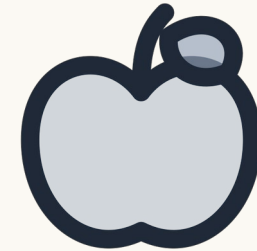


Where do these four cards go?

Rice and bread

Carrot and apple

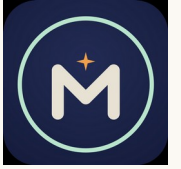
Choose the broad group for each pair.



FRUIT



VEG



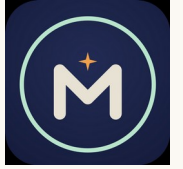
Now place the other four cards

Chicken and beans

Milk and fortified soya alternative

Name the group; then check the labels.





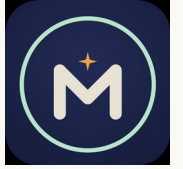
What does balance mean?

THE MODEL HELPS SHOW

A range across the groups.
Variety within the groups.
Patterns over a day or week.

IT DOES NOT REQUIRE

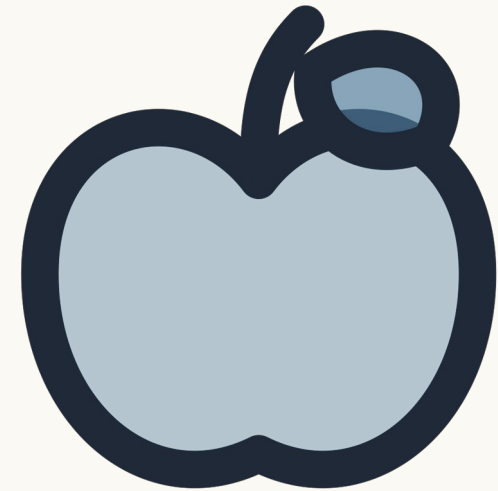
Every meal to copy a diagram.
Exact portions from these cards.
Judging anyone's real food.

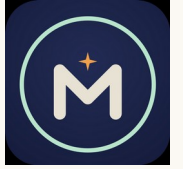


Explain it without a vague label

A balanced pattern includes a range of food groups over a day or week.

One plate of cards cannot show all a person's food needs.





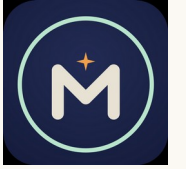
Which claims need improving?

READ THE CLAIM

Some from the different groups.
Only one group is needed.
Sometimes foods are banned.

TEST IT WITH THE MODEL

What can a range provide?
Does a single group show variety?
Does the guide ban foods?



Swap within a group and save

Swap rice for bread.

Swap chicken for beans.

Explain why the broad group still fits.

Save the labelled cards for Wednesday.