

Fill Your Plate with Healthy Choices

Materials:

one paper plate for each child
food magazine or old cookbooks
scissors, glue



Instructions:

1. Give each child a paper plate and a food magazine.
2. Ask them to look through the magazine to find some of their favorite foods.
3. Instruct them to cut out the pictures of foods that they would like to eat for breakfast, lunch or dinner.
4. Paste the food selections onto their plate.
5. After they have completed pasting their food choices onto the plate, encourage them to share which foods they selected with classmates. Is there a healthy balance of foods selected?
6. Display plates on a wall or bulletin board.

