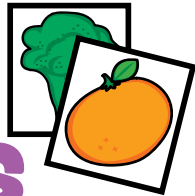




Dart's Dish on healthy eating!



Healthy Plates

Materials: Pictures of healthy foods or plastic food items, plates, glue/tape.

Age: Toddlers, preschoolers, school-age

Directions: **1.** Find pictures/images of healthy foods (fruits, vegetables, proteins*, grains, pastas, drinks, etc). **2.** Cut out pictures/images. **3.** Attach to your plate. **4.** Talk about why you included the types of food you did and make changes if needed.

**Proteins can include things like meats, eggs, beans, nuts (or nut butters) and milk.*

Modification: After cutting out food pictures/images, spread them around room then call out types of foods for the children to go and find. Challenge them to find food pictures of specific categories like fruits only or colored foods like orange foods only.

For more ideas: http://www.beactivekids.org/assets/pdf/FoodCards_OnePager.pdf

FAMILY ENGAGEMENT