



EL Plato Saludable (Kid's healthy eating plate)

Extraído de Harvard T.H. Chan School of Public Health

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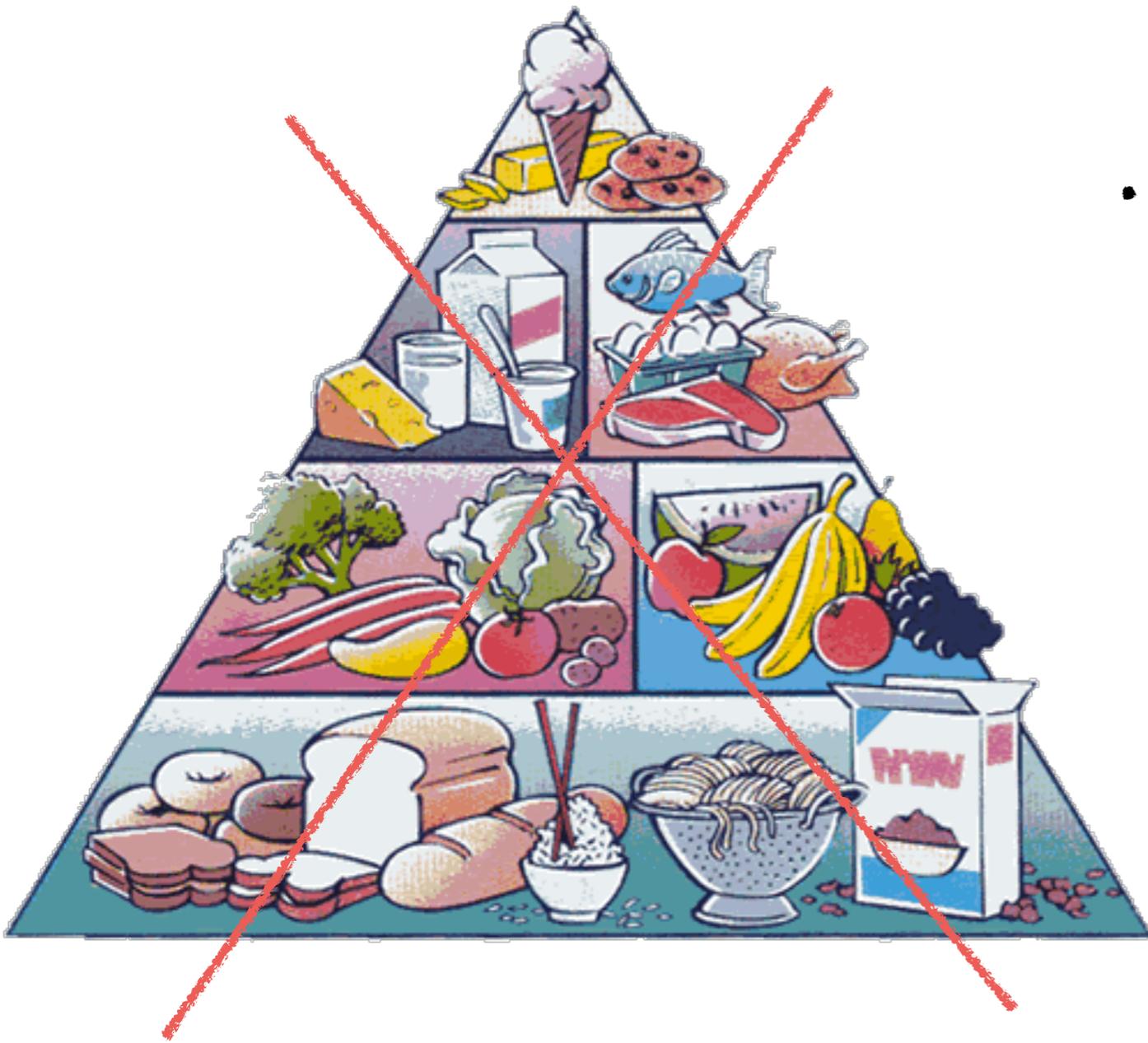
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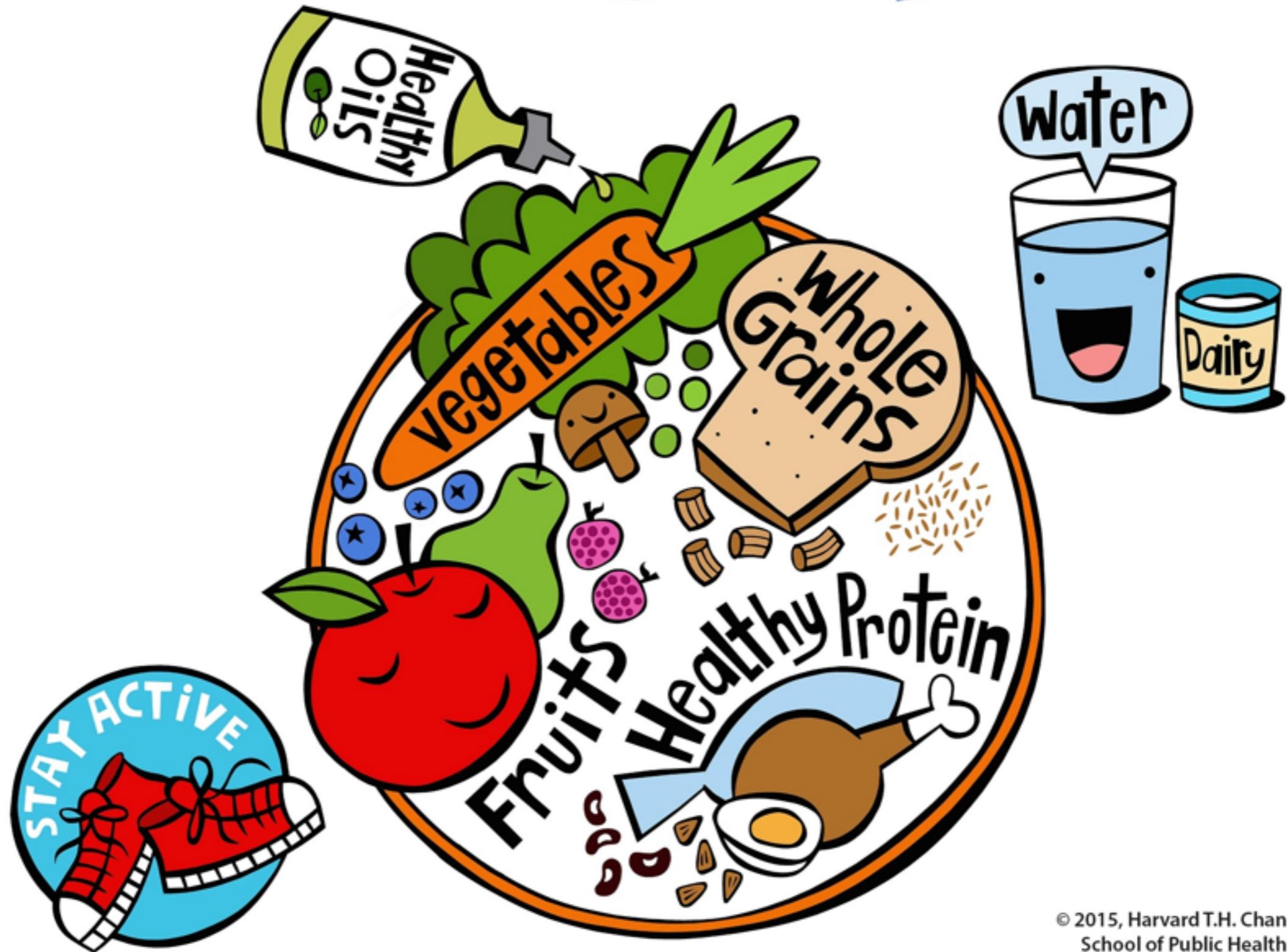
Actividad Recomendada:

Una vez explicada la importancia del plato saludable, se puede realizar una actividad de colocación de alimentos en sus respectivos grupos o porciones. Se adjunta el plato vacío para ello. Además de los grupos alimenticios que posee el plato, se adjunta otra hoja "Unhealthy Food", cuyos alimentos pueden ser colocados junto al plato, en una papetera, representando la necesidad de deshacerse de dichos alimentos.

... de La Pirámide al Plato Saludable



Kid's Healthy Eating Plate



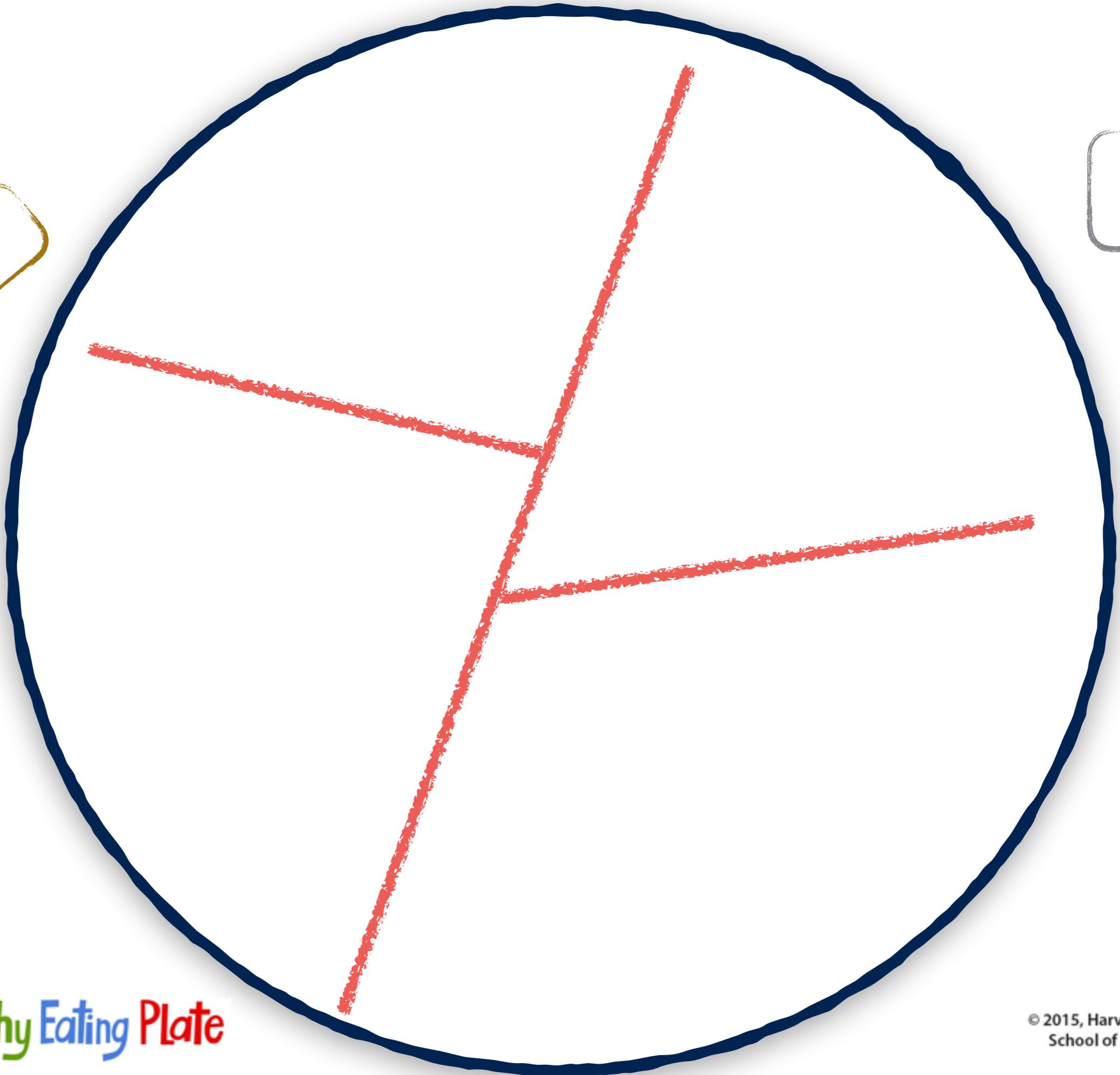
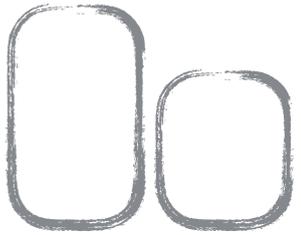


Vegetables

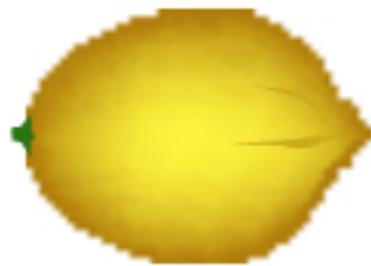
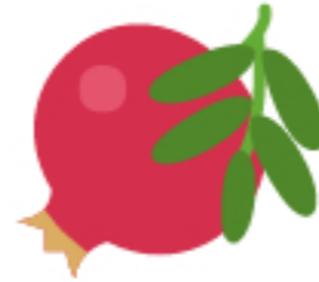
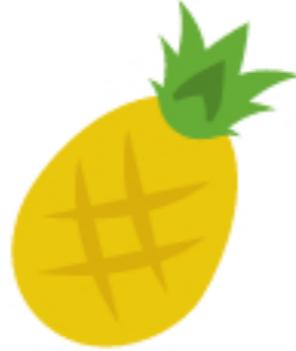
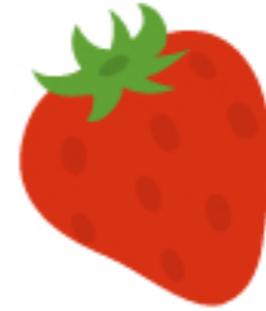
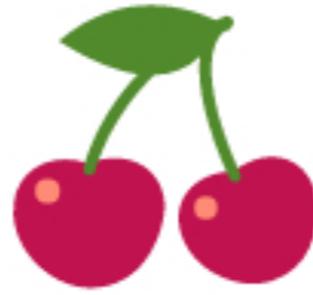
Whole Grains

Fruits

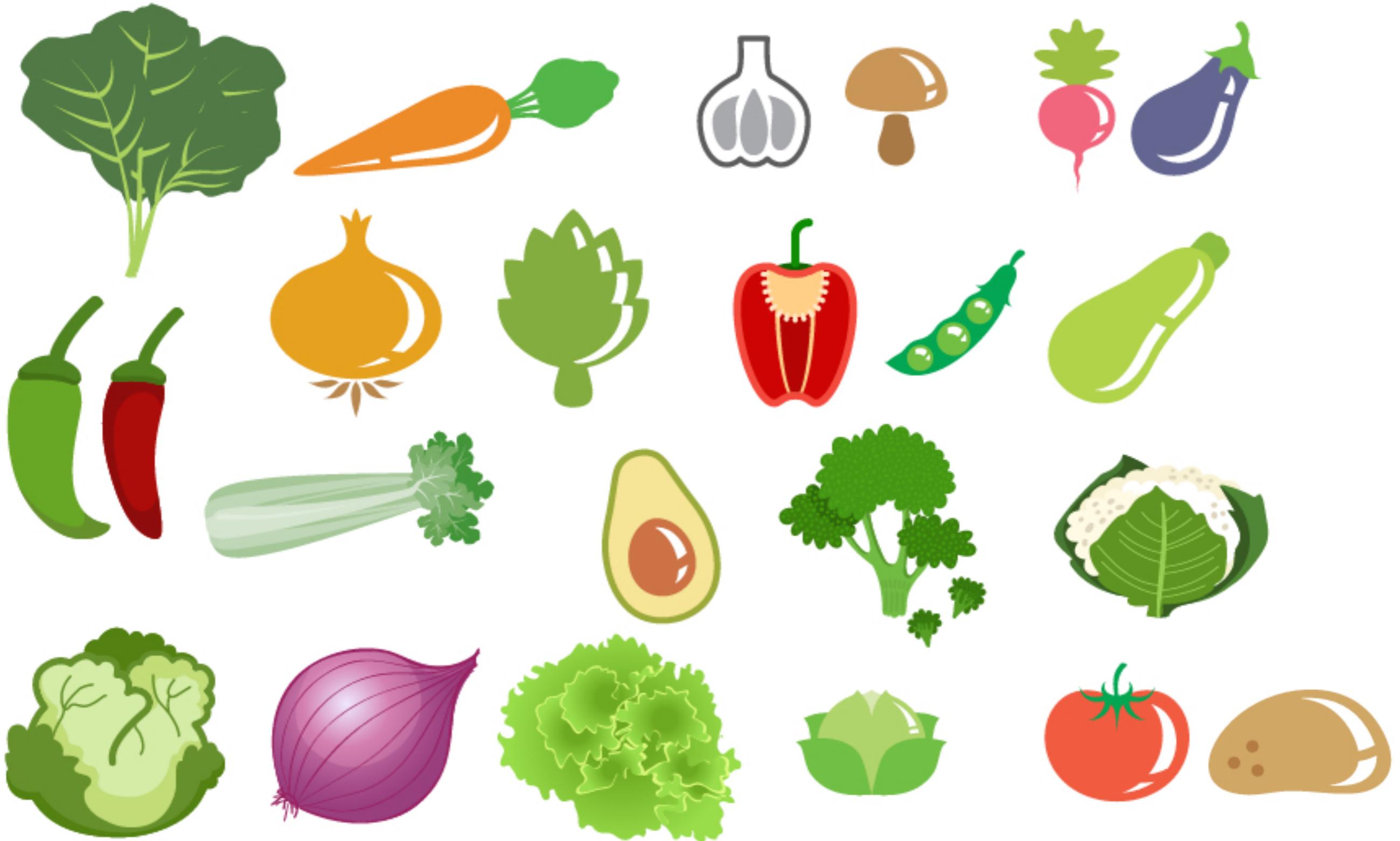
Healthy Protein



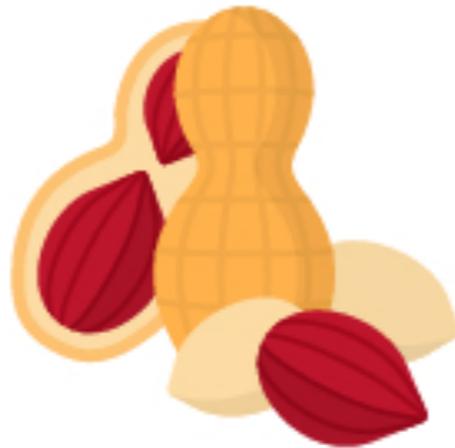
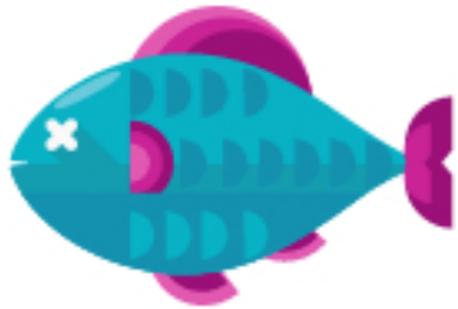
Fruits



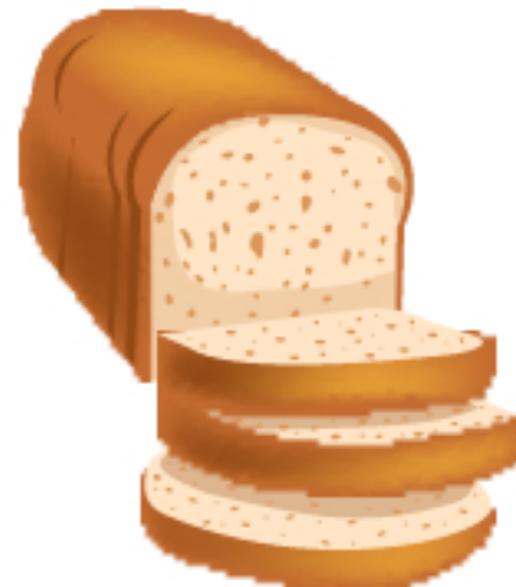
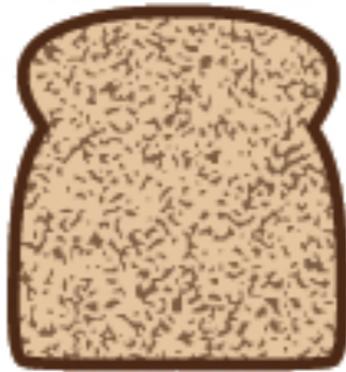
Vegetables



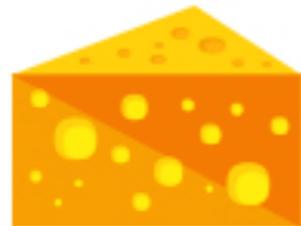
Healthy Protein



Whole Grains



Dairy



Water



Healthy Oil



Unhealthy Food

