

ACTIVITY:

Kid's Healthy Eating Plate



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FOOD GROUPS TRACK

Different chunks of paper with food information have been distributed in the school playground. You will play in pairs. Each pair of students will have a school map, a worksheet, a pencil and a QR stopwatch card.

Follow the instructions:

- 1) Teacher will kick off the stopwatch and you will start running.
- 2) Look at the map and seek the highlighted points.
- 3) When you find a paper with food information, look at the food group and answer that question.
- 4) You also have to write down the letters to decode the secret sentence.
- 5) Rush up! Time is running

QUESTIONS:



1) Do Potatoes and French fries count as vegetables? Why?



2) What is the best way to eat fruit? Circle the right answer:

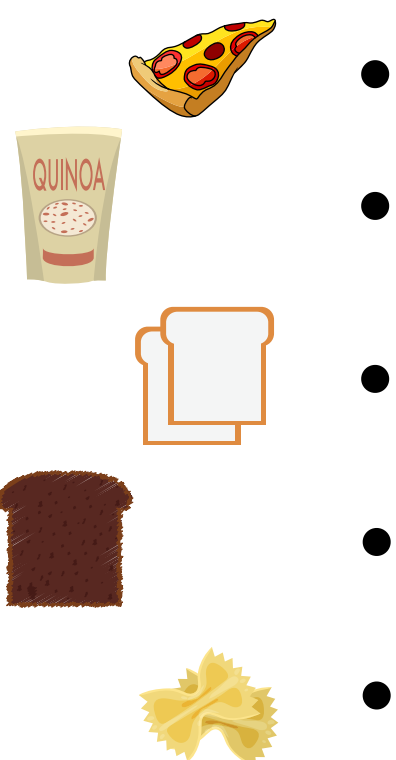
A) Fruit juice



B) Whole or sliced fruit



3) Match the food with HIGH or LOW blood sugar impact:



HIGH



LOW



4) Circle the healthy protein



6) Write 3 types of dairy products



5) What kind of fat should you choose?



7) Cross out the sugary drinks:



8) For how long should we do physical activity every day? Circle the right one



SECRET SENTENCE:

9) Collect words here:

10) Write the secret sentence:



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- The more veggies – and the greater the variety – the better.
- Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.

E
H

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- Eat plenty of fruits of all colors.
- Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).



[More on fruits >](#)

A
✓

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- Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.
- Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect on

blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.

T

F

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- Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.
- Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).

H

O

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It's also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and **healthy oils** from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils):



- Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.
- Limit butter to occasional use.

E

O

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Dairy foods are needed in smaller amounts than other foods on our plate:



- Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.
- Milk and other dairy products are a convenient source of calcium and vitamin D, but the optimal intake of dairy products has yet to be determined and the research is still developing. For children consuming little or no milk, ask a doctor about possible calcium and vitamin D supplementation.

A

D

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Water should be the drink of choice with every meal and snack, as well as when we are active:



- Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.
- Limit juice—which can have as much sugar as soda—to one small glass per day, and avoid sugary drinks like sodas, fruit drinks, and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.



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Finally, just like choosing the right foods, incorporating physical activity into our day by **staying active** is part of the recipe for keeping healthy:



- Trade inactive “sit-time” for “fit-time.”
- Children and adolescents should aim for at least one hour of physical activity per day, and they don’t need fancy equipment or a gym—The Physical Activity Guidelines for Americans suggest choosing unstructured activities for children such as playing tug-of-war, or having fun using playground equipment.



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