

## Healthy Food Plate



This week we are thinking about food!  
Can you think of some foods you enjoy?  
What's your favourite?



Items you will need:  
A paper plate  
Some pencils or crayons

Draw some of your favourite foods on to  
your plate, and see which are healthy and  
which are treats.



You can use coloured pencils to colour in  
your drawings.



**Top tip:** This is a really nice opportunity to discuss with your child what healthy foods they enjoy, let your children help you choose and prepare fruit and vegetables in the kitchen.