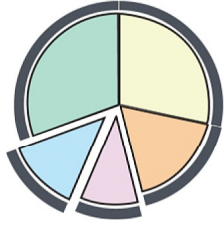
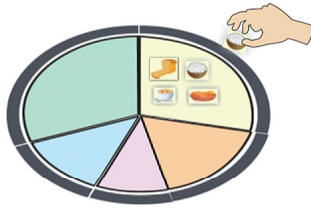


# HEALTHY PLATE

1 Take given cutouts of healthy plate.



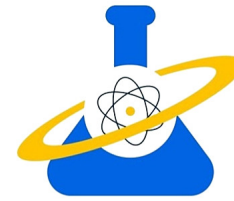
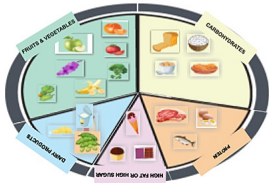
2 Place cutouts of cereals in biggest portion.



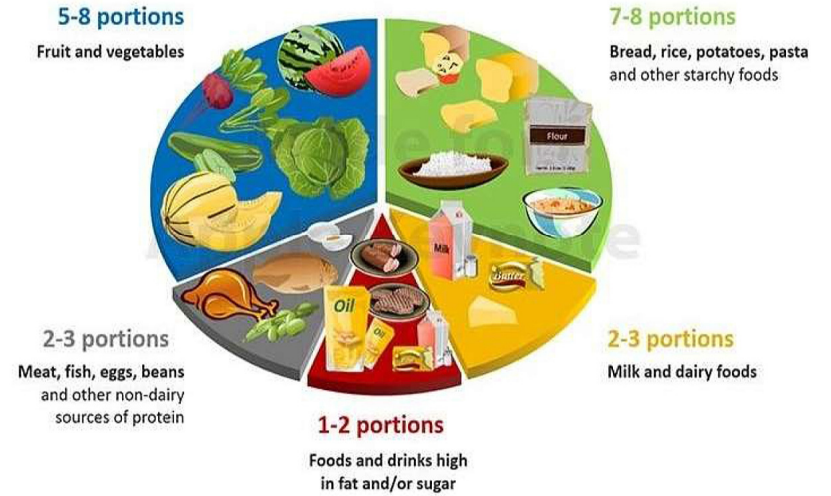
3 Place all cutouts according to their proportions.



4 Paste stickers of food category on their cutouts.



# Healthy Plates



## Learning outcomes:

### Students will be able to

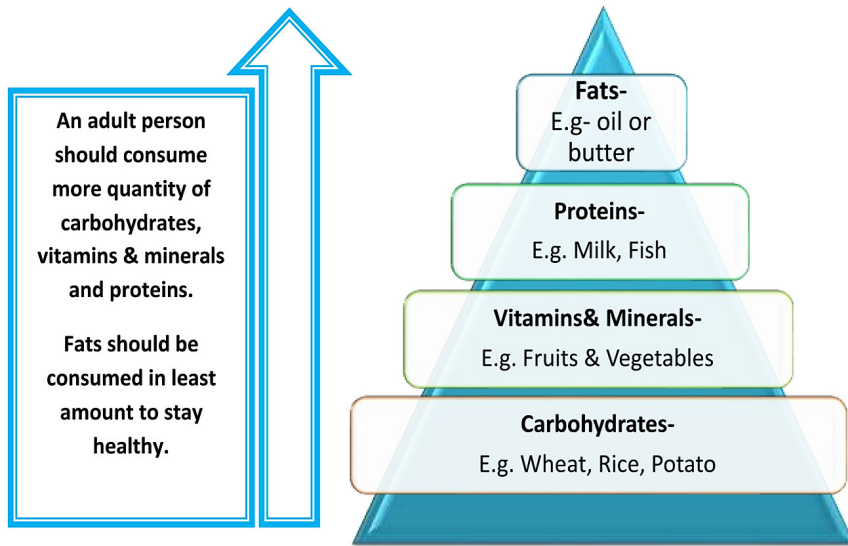
- Understand the terms like- diet, balanced diet
- Understand the importance of all the nutrients in a diet

The type of food we eat on regular basis is known as our **diet**.

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle.

A **balanced diet** is one that gives your body the nutrition it needs to function properly. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink.

The food we eat can be divided into the following four groups:



Intake of these types of food in the right quantity fulfils the needs of our body and keeps us healthy.

### Carbohydrates

The role of carbohydrate in the body includes providing energy for working muscles, providing fuel for the central nervous system, enabling fat metabolism, and preventing protein from being used as energy.

We get them from foods like cereal, rice, oats etc.



### Quiz Time

1. Give answer in one word:
  - a. Nutrient that provides us with energy \_\_\_\_\_.
  - b. Nutrient that helps us to fight against diseases \_\_\_\_\_.
  - c. Nutrient that helps us to grow \_\_\_\_\_.
  - d. Oil, Ghee, Butter are good source of \_\_\_\_\_.
2. What do you observe when u keep potato chips on a white paper? Find out, why does that happen?

3. Which of the following you should include in your daily diet?

