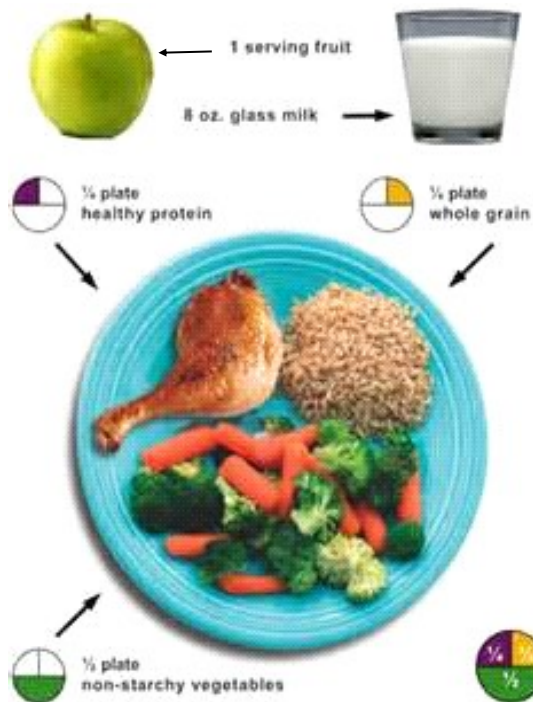


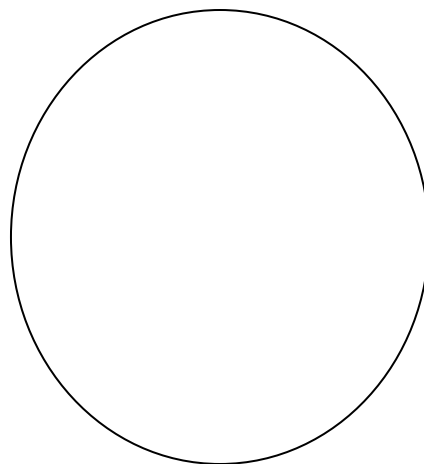
### 3. Make your plate healthy

- ◆ Make half your plate veggies.
- ◆ Choose foods high in fibre like brown rice, whole wheat pasta, whole wheat bread, yam, cassava, and sweet potato.
- ◆ Use fish (including canned fish), skinless chicken and turkey, lean meat (cut off any fat), and bake, boil, or grill fish and meat instead of frying.

Follow the 'Half plate' rule:



### Draw your own healthy plate



### 4. Drink healthy beverages

- ◆ Water
- ◆ Skimmed, 1% or soy milk
- ◆ Natural fruit juice
- ◆ Coconut water
- ◆ Smoothies made with skimmed, 1% or soy milk or low fat yogurt
- ◆ Yogurt drinks



How many glasses of water do you drink each day? \_\_\_\_\_

You should drink around 5-7 glasses of water throughout the day, but it also depends on your age, how active you are, and if outside is hotter than usual (the more you sweat the more water you need).

**National Nutrition Centre 2017**

### Mother & Child Nutrition Series



## Eating Right: Future Bright

Healthy Foods for Children & Young People **ACTIVITY SHEET**

**National Nutrition Centre**  
**Ministry of Health**  
**Tel: (246) 427 1693/4**  
**Email: [nutrition.centre@barbados.gov.bb](mailto:nutrition.centre@barbados.gov.bb)**  
**Website: [nutritioncentre.health.gov.bb](http://nutritioncentre.health.gov.bb)**

Community Nutrition Officer \_\_\_\_\_  
 Telephone \_\_\_\_\_

# Eat healthy

It is important that children eat healthy and practice good nutrition.

Healthy eating will help you:

- ◆ Grow healthy and strong
- ◆ Learn well
- ◆ Fight infections and sickness
- ◆ Maintain a healthy weight
- ◆ Feel good



## Eat healthy word search

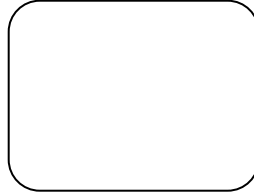
S	K	T	P	L	J	R	M	O	M	U	U	F	T	O
X	A	U	K	J	O	Z	I	Y	K	L	I	M	S	X
A	N	N	J	L	M	I	B	C	N	P	Y	F	R	A
S	L	A	H	Y	N	O	U	W	E	K	N	Q	N	R
U	D	R	A	O	G	T	N	T	A	P	Z	X	J	E
M	N	X	K	G	X	A	X	C	A	Q	C	J	O	T
Q	A	R	M	U	T	E	B	K	P	L	S	J	U	A
E	G	N	A	R	O	E	O	P	C	X	X	A	S	W
E	N	L	G	T	P	Y	M	S	W	I	P	T	X	Y
L	S	C	R	O	Q	H	L	U	K	S	U	U	C	T
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N	O	W	U	Z	T	U	O	L	U	J	A	H	P	Q
X	S	P	I	N	A	C	H	W	D	M	W	M	I	T
F	I	X	E	C	F	O	R	Y	U	P	X	P	X	I
A	G	L	B	M	C	L	Q	S	F	I	Y	X	V	Z

MILK  
WATER  
MANGO  
TUNA  
LENTILS  
SPINACH  
RICE  
NUTS  
YOGURT  
ORANGE

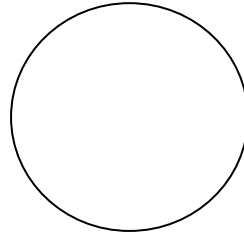
# Helpful Tips

## 1. Eat a variety of vegetables and fruits daily

Draw your favourite vegetable in the square:

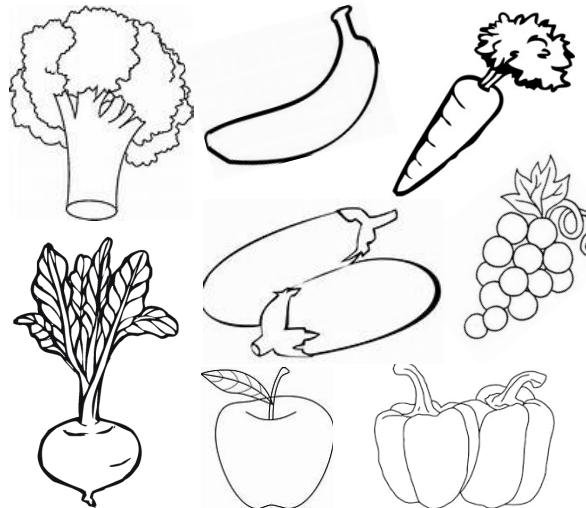


Draw your favourite fruit in the circle:



Remember to vary your veggies (and fruits): choose a variety of different colour vegetables and fruits every day.

Colour these vegetables and fruits:



## 2. Choose healthy snacks

Healthy snacks are better for you because they contain more vitamins and minerals, which keep you healthy, and they contain less salt, sugar and fat. Choose **healthy snacks more often**, and not-so-healthy snacks only occasionally.

Circle the healthy snacks:



Answers: Trail mix, apple & peanut butter, whole grain cereal, low fat yogurt, veggies & dip