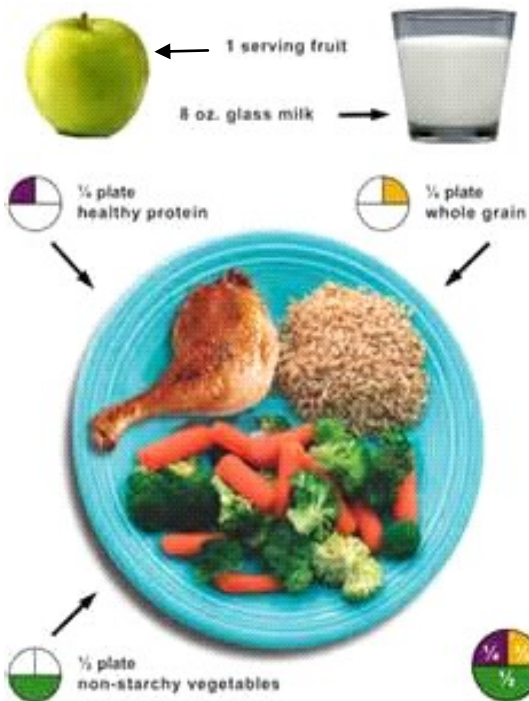


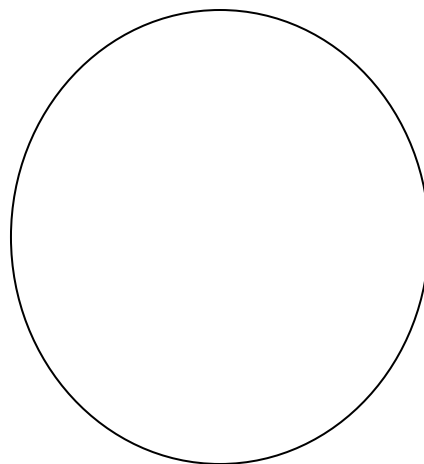
3. Make your plate healthy

- ◆ 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, low fat or soy milk
- ◆ 100% fruit juice
- ◆ Coconut water
- ◆ Smoothies made with skimmed, low fat 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 2019

Mother & Child Nutrition Series



Eating Right: Future Bright

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

National Nutrition Centre
Ministry of Health
Tel: (246) 536 3800
Email:
nutrition.centre@barbados.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

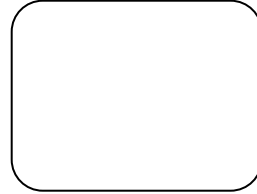
S	K	T	P	L	J	R	M	O	M	U	U	F	T	O
X	A	U	K	J	O	Z	I	Y	K	L	I	M	S	X
A	N	N	J	L	M	I	B	C	N	P	Y	F	R	A
S	L	A	H	Y	N	O	U	W	E	K	N	Q	N	R
U	D	R	A	O	G	T	N	T	A	P	Z	X	J	E
M	N	X	K	G	X	A	X	C	A	Q	C	J	O	T
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E	G	N	A	R	O	E	O	P	C	X	X	A	S	W
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X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

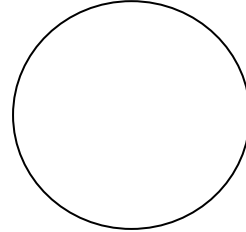
Helpful Tips

1. Eat a variety of vegetables and fruits daily

Draw your favourite vegetable in the square:

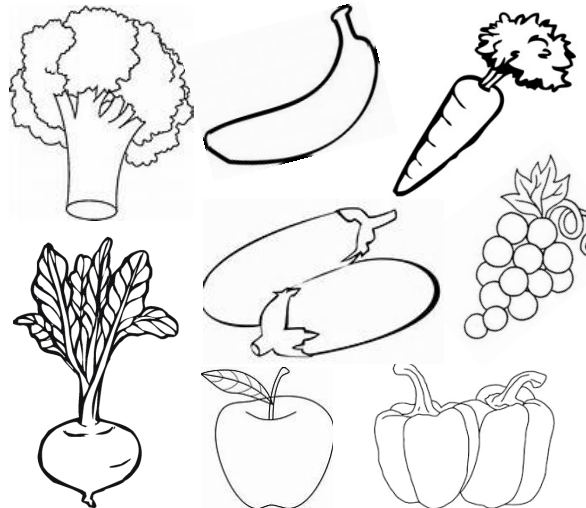


Draw your favourite fruit in the circle:



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