
Subject: Social Studies
Level: Infant Two
Theme: Food: The Things I Eat
Topic: **Balanced Diet**



By the end of this worksheet, you will be able to:

- Identify the foods we eat in a balanced diet.
- Construct at least one balanced meal plate.



Key Points:

- A **balanced diet** is made up of foods from the **six food groups**.
- The six food groups are: **staples, food from animals, fats and oils, fruits, vegetables and legumes**.
- **Healthy foods** give your body **strength** and **protects** you from diseases.



Review:



- Follow the link to look at the video on healthy eating:
<https://www.youtube.com/watch?v=mMHVEFWNLMc>

As you listen, pay attention to three of the nutrients we need for a healthy diet?

ACTIVITY 1



INSTRUCTIONS: Choose a food group from the word bank below to correctly label the food group represented in each picture.

Word Bank

Legumes (peas/beans)	Food from Animals (meat, egg)	Vegetables
Fruits	Staples (provisions, starchy food)	Fats and Oil



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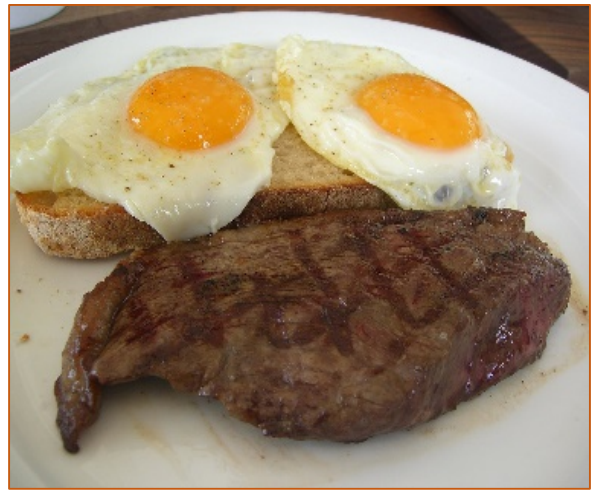
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ACTIVITY 2



INSTRUCTIONS: Use the spaces below to draw pictures of TWO (2) healthy foods that you love to eat for breakfast, lunch or dinner. Be sure to label your pictures.

ACTIVITY 3



INSTRUCTIONS: Make a healthy meal plate for one of the following meals: breakfast, lunch or dinner using play dough, paper/plastic or real items (make it realistic as possible).

Look at the video below and follow the steps on how to make yourself a healthy, balanced meal for breakfast, lunch or dinner.

Click on this link: <https://www.youtube.com/watch?v=OF9-1L9AlwU>



Steps to Making Your Healthy Plate

1. You will need the following supplies:
 - Paper/plastic plate
 - Play Dough/Real food/Pictures
 - Marker/pen
2. Choose ONE meal:
 - Breakfast
 - Lunch or
 - Dinner

3. Divide the plate into four (4) sections as shown in the picture below.



ANSWER KEY

ACTIVITY 1

Word Bank		
Legumes (peas/beans)	Food from Animals (meat, egg)	Vegetables
Fruits	Staples (provisions, starchy food)	Fats and Oil



Vegetables



Staples



Legumes



Fruits



Food from Animals



Fats and oils