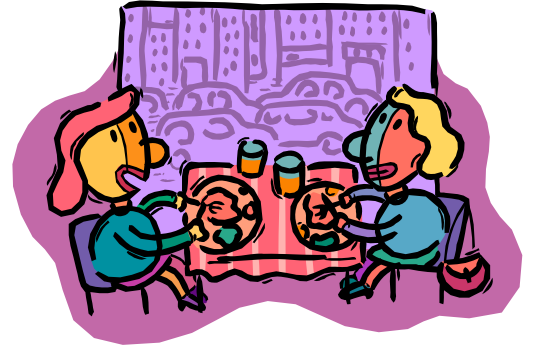


My Healthy School Dinner



Teachers Notes

Main Nutritional Message
Eatwell Plate

Resources Needed

- 'My Healthy School Dinner' template (In this pack)
- A wide selection of food photographs (a range of food photographs have been provided within this resource for you to print off. Look at file named Food Pictures on CD) or use photographs from magazines, representing all sections of the Eatwell Plate
- Adhesive stick/glue

Time: 15-30 minutes

How to play

- Group Leader explains the Eatwell Plate briefly to children
- Show children the selection of pictures/photographs
- Each child is then given the 'My Healthy School Dinner' template and asked to select foods from the pictures to stick on to the plate
- Answers can be discussed
- Try to get the message across about the importance of a balanced meal

*Community Development Dietitian, North Wales NHS Trust (East Division)
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