

and fill the plate with healthy food items.



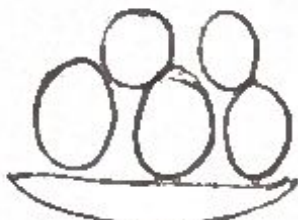
fruits



grains



milk



eggs



nuts



Vegetables

Carers

Explore

A variety of healthy food items for the learners. Ask them to fill their plates with the food items of their liking. As they are selecting the food from their plates, ask them what do they like about it. Reinforce how healthy food is delicious too.

