

you've got this!



# WHERE SHOULD THE FOOD GO?



## INSTRUCTIONS



Colour the items in the Food Cards (in page 2).



Cut out these food items.



Paste these food items on My Healthy Plate (in page 3) to create a balanced meal.

## How Parents Can Help Your Child to Eat Healthily Everyday



Have your child to scoop the food onto his/her own plate.

Use an 8inch plate and My Healthy Plate as a guide for balanced and nutritious meals.



Eat All Foods in Moderation

Show this Healthier Choice Symbol to your child and explain that food with this picture is healthier

Be generous in your praises and explain to your child the benefits of the food he/she has tried.



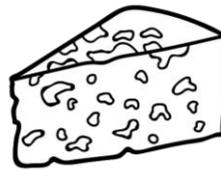
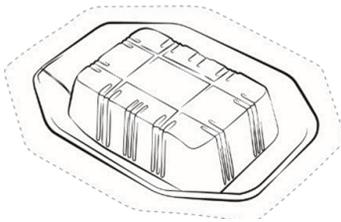
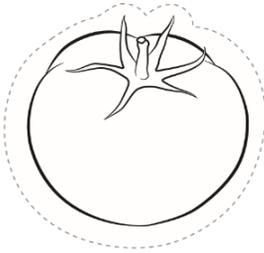
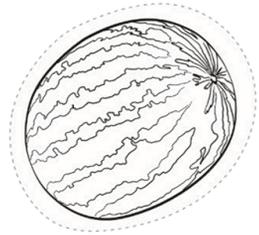
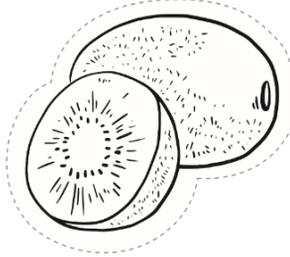
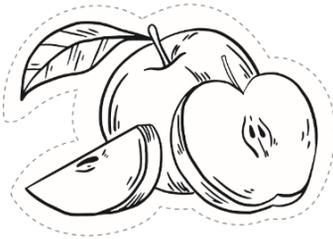
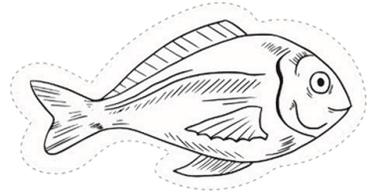
As you continue to have healthier meals as a family, the food choices will become familiar to your child and be their preferred option.



Learn the ins and outs of raising a healthy child at [PARENT HUB](#).

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# FOOD CARDS



Eat All Foods in Moderation

Look for me for  
Healthier choice options  
at the supermarket!

# MY HEALTHY PLATE

BROWN RICE &  
WHOLEMEAL BREAD

FRUIT & VEGETABLES

MEAT & OTHERS

CHOOSE WATER

BE ACTIVE

USE HEALTHIER OILS



I will try different types  
of healthy food.

Name: \_\_\_\_\_

Date: \_\_\_\_\_