Healthy plate · sort

Ages 5–7 · Colour the everyday foods and draw a line to the plate. Draw a line from the sometimes foods to the box.

Name: _____ Date: _____



Everyday plate

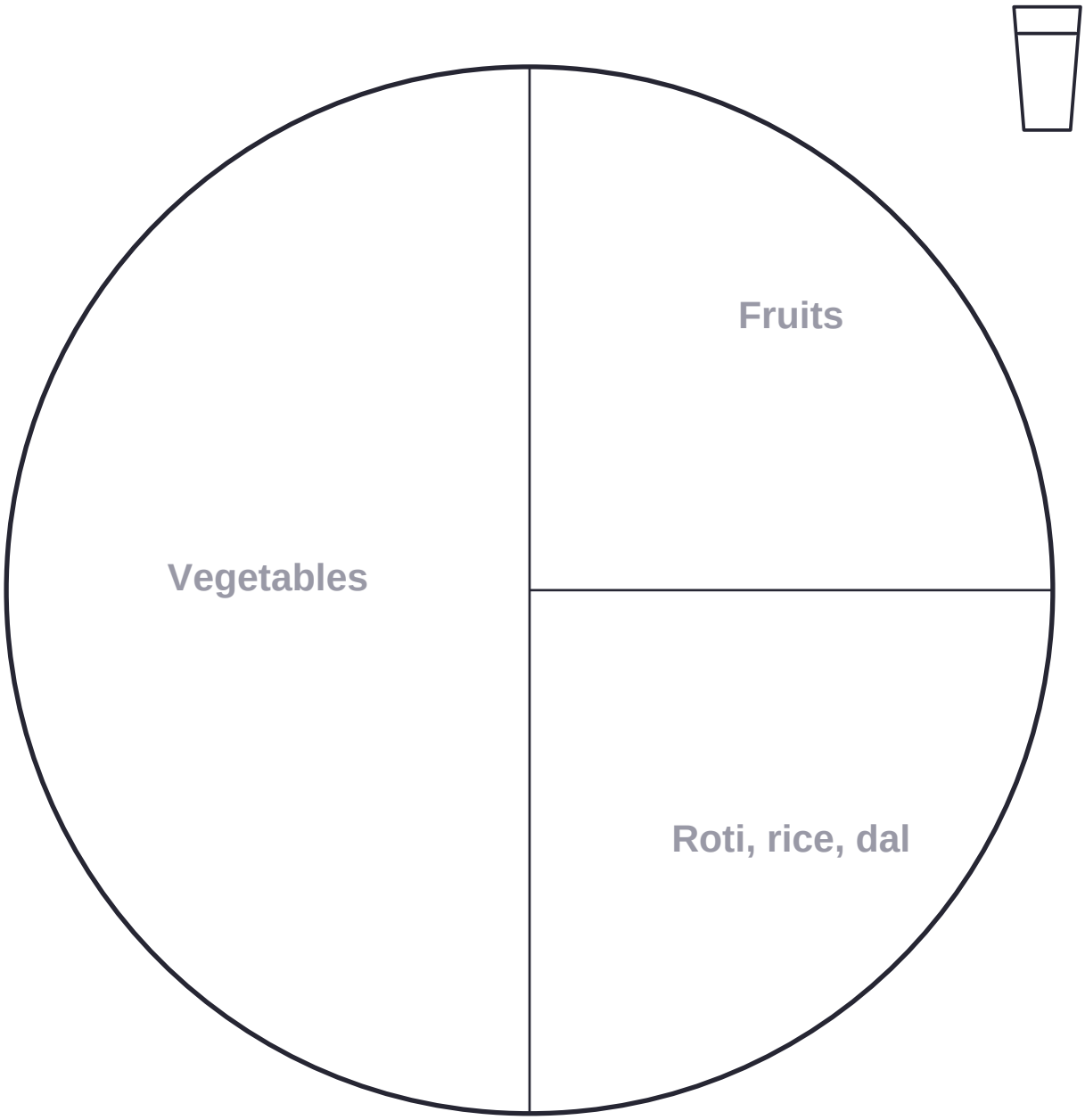
Sometimes foods

Fill half your plate with fruits and vegetables.

My healthy plate

Ages 5–7 · Draw and colour a meal you like. Put fruits or vegetables in the big part of the plate.

Name: _____ Date: _____



My favourite fruit is _____.

My favourite vegetable is _____.