



# Paper Plate Exercise

## How To Guide



### **This paper plate exercise aims to enable children to:**

- Look at and name a wide range of foods.
- Practise their cutting and sticking skills.
- Think about balance in a diet, what makes a balanced plate of food.

### **Resources needed:**

- Small paper plate for each child.
- Printouts of the clipart available on the site, or food magazines to cut out. Clipart is taken from Microsoft's copyright free stocks, others are available at <http://office.microsoft.com>. There are also many photosites online if you wish to use photographs, please be careful you take note of any copyright issues.
- Scissors and gluesticks.

### **How to use the resources:**

- If using the site's clipart collection we advise cutting the sheets into four along the dotted lines. Children often do not wish to use a sheet which has already been cut by another child, and smaller sheets create less waste.
- Allow children to choose a mixture of foods which they think would make a tasty but healthy meal.
- Children can cut and glue the foods onto their plate.
- The adult helper should discuss with the children the reasons for their choices and use positive terms to encourage healthy choices without criticism. For example, suggesting a swap or addition rather than criticising an inclusion.

### **Extension exercises for extra time or ability:**

- Discuss with children the different food groups. Good information is available at: [www.nutrition.org.uk/](http://www.nutrition.org.uk/) in their Healthy eating section, under Nutrition Basics.
- Pretend you are in a restaurant. Order a healthy plate of food. Ask the child to be a waiter and describe the dish of the day to you, and why you will like it.