

you've got this!



SUPER FOOD for A SUPER FAMILY

PARENT TIP: Use mealtimes to demonstrate to your child and help them understand why eating a wide variety of foods in the right portions is important to provide our bodies with the necessary nutrients.



What is My Healthy Plate?

My Healthy Plate helps you prepare healthy and balanced meals for the family. Use the Quarter, Quarter, Half visual guide to remember the right proportions of each food group.

Recommended plate sizes*

Adult: 10 inches

Child: 8 inches

*To moderate portions if taking more than 3 meals a day



Find out more about
My Healthy Plate here
<https://go.gov.sg/mhp-activitysheet>

ACTIVITY

Which items did you eat today?
Colour them in. A balanced diet
includes food from all 4 food groups!



Mummy & Daddy
promised me

e.g. a trip to the zoo

once we've successfully
completed 7 days of
balanced meals together!

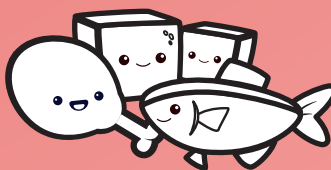
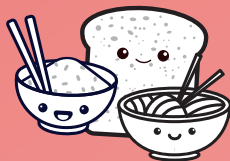


1/4 plate of
wholegrains

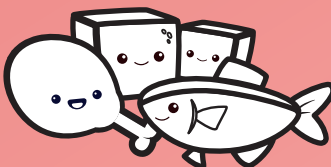
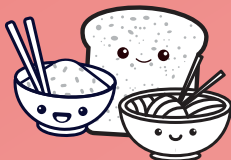
1/4 plate of
protein

1/2 plate of
fruits & vegetables

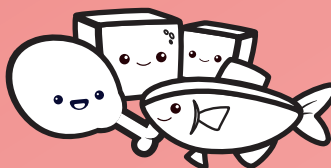
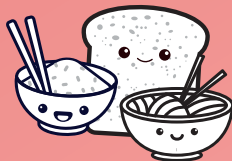
Day 1



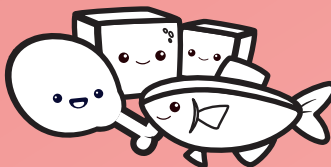
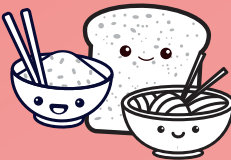
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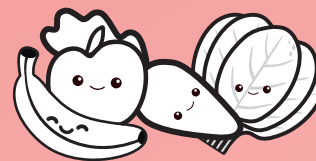
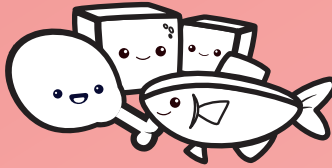
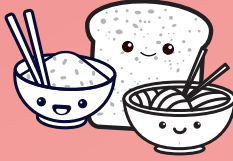
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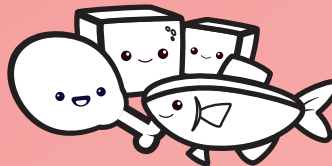
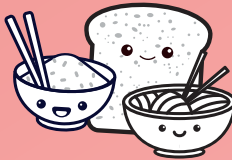
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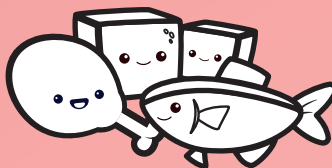
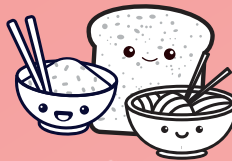
Day 5



Day 6



Day 7



Scan here to download
more activity sheets!
<https://go.gov.sg/first-influencer-act1>



Scan here to submit
your feedback!
<https://go.gov.sg/first-influencer-fb1>